

MSC Swimming Lesson Return 4th July Onwards

Parent Introduction and FAQ's for Modernian Lessons Return

In this new world we find ourselves in, many parents are naturally concerned about the idea of starting or returning to swimming lessons. Here at Modernian Lessons, we have been working tirelessly to adapt and improve our processes to ensure that our customers are as safe as possible and that our swimmers can progress as fast as possible.

By swimming with us you can be certain that our safe, hygienic and well maintained pools will be ready to welcome you when you feel ready.

There is no evidence that COVID-19 can be spread to humans through the use of pools. Proper operation, maintenance, and disinfection (e.g, with chlorine and bromine) of pools should remove or inactivate the virus that causes COVID-19. Bedford Modern School look after the pool very well. They test the water regularly, disinfect surfaces and have increased their cleaning regime.

When you visit our the pool you can expect to see:

- Additional safety signage and hand sanitizer stations
- An Increased cleaning regime
- Small changes to entry and exit points where applicable
- One way systems where appropriate

All swimmers come “beach ready” ie already in their swimwear and that they shower at home. This prevents contact with the changing areas.

If you have any questions or concerns regarding our adaptations to Covid then please feel free to email us any time. We have put a great deal of effort into making sure we enhanced our health and safety measures but we are always here for you if you wish to discuss anything in more detail.

We are committed to being available, reactive and attentive to your needs at every stage in order to ensure you & your children’s safety at all times.

Covid Safety Officer

The club has a “Covid Safety Officer” to ensure that we closely follow government and Swim England guidelines of best practices during the Covid-19 pandemic.

How are Modernian Lessons minimising contact at their pool?

Our model for lessons is to have just 6 swimmers in a class at any one time. This in itself greatly reduces contact. We do however ask that only one parent from each family comes into the pool building to help with changing and that siblings only come if absolutely necessary to minimise the amount of people in the building at any one time.

Should my child shower at the pool or not?

Showering before you swim is a vital contribution to ensuring the free chlorine in the pool water is available for disinfection of SARS-CoV-2 (rather than being used to clean dirt off swimmers). We are also encouraging swimmers to shower at home before arriving at the pool.

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What does “beach style” mean? Do I have to drive my child home in their wet stuff?

What we mean by “beach style turn up and swim” is that you arrive at the pool already wearing your swimming costumes underneath your clothes and having showered at home. Hat (if they wear one) on their heads before entering the pool building. We are encouraging swimmers to do this to minimise the time spent on poolside. Similarly we are encouraging swimmers to shower at home after their swim lesson.

Are you sure that cleaning equipment in pool water is sufficient?

Research has been carried out on this subject and The Pool Water Treatment Advisory Group will be publishing the cleaning parameters shortly. When this is published we will update this answer and link to the relevant technical note for ease of reference.

Additionally, in between sessions we are advising that submerging a float into disinfected water will limit the risk of transmission. This will not guarantee any virus if present will be eliminated. We also advocate wherever possible to try not to share equipment during a lessons to further minimise risk of transmission.

Will I be able to re-join the lessons?

Yes, we will be welcoming returning swimmers back onto the programme on 13th June. We will be utilizing the whole pool for swimming lessons so that we able to ensure that the children are encouraged to socially distance.

We want to assure you that behind the scenes, we are taking every necessary precaution, and we are implementing a series of measures to ensure a safe return to lessons for all our swimmers.

The changes you will see when you return have been made in accordance with the guidelines we have received from both the government and Swim England. There will be social distance guidance and increased cleaning and sanitisation. In line with the guidance from Swim England, all of our teachers will teach from poolside wherever possible, this is the safest way to deliver, meaning the teachers can social distance whilst still having full view of all the swimmers and being close enough should a swimmer need support. Your child’s and our team’s health and wellbeing remains our number one priority, and this won’t ever change.

What measures are in place to make lessons COVID safe?

During our Learn to Swim Programme we’re doing all we can to give our swimmers the space they need to socially distance.

We will have reduced capacities across all our classes to just 6 learners, meaning there will be fewer swimmers in the pool at any one time.

Social distancing measures and additional cleaning procedures are in place.

We will be following guidance from our national governing body Swim England with ratios and delivery style.

Will the equipment be clean and safe?

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Yes, all the equipment will be cleaned between each lessons and we will be following official guidelines by limiting the use of some equipment we use.

Is the pool water safe?

As always, the pools is cleaned regularly and meets the standards set by the Pool Water Treatment Advisory Group. Current research confirms that coronavirus would be inactivate at the levels of chlorine used in swimming pools.

Will social distancing take priority over helping my child if they are struggling?

The safety and wellbeing of our swimmers is always our priority. Social distancing and increased cleaning and sanitisation measures are of course important, but nothing will stop us from providing essential support as and when needed.

How early should I arrive for a lesson?

Please do not arrive too early for your lesson, you will only be admitted into the pool building 5 minutes before the start of the lesson.

Please ensure that your child comes “beach ready”. This will cut down the time you are on poolside. Only be one parent/guardian will be allowed to accompany your child. If your child is over the age of 8, you may wish to drop them at the pool main entrance and pick them up afterwards.

Where can I sit to watch a lesson?

There will not be any viewing allowed in the pool building. Please can you return to your car, if possible, to wait for the lesson to be over. If you are not in a car please keep to one area outside. We are not permitted to use the school grounds to play on and there is CCTV in the area

Are the changing rooms open?

The changing rooms are only to be used for walking through onto poolside or if a swimmer needs the toilet.

Will I have to remove my shoes?

Anyone entering the changing room will be required to remove their shoes before entry.

How do I cancel my lessons?

If you are unable to return to swimming lessons on a Sunday, then you are able to ask for a refund for the 3 lessons in credit from March 2020. We will be sorry to see you leave our Learn to Swim Programme. Please email us lessons@modernians.org.uk and we will be happy to help with the refund.

My child hasn't been swimming since last year what will you do to help them?

Over the first few weeks the teachers will be concentrating on re-introducing your children back in to the pools the safest way. All children will be working through their water safety element of their current stage.

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What happens if my child or a family member is experiencing COVID-19 symptoms?

If you, your child, or any member of your household or contact bubble displays any symptoms, then we ask that you do not attend swimming lessons and you follow the government recommendations which can be found at www.nhs.uk/conditions/coronavirus-covid-19/.

If I am not ready to return to swimming lessons yet, can I suspend my lessons and will my current place be held?

Of course we understand that not all families are happy to return to lessons yet. We will happily discuss what suits you and your swimmer as best we can and always try to ensure we have a suitable lesson for when they are ready to return.

When should you arrive at lesson?

Please do not enter the centre more than 10 minutes before the start of your lesson. If you are early, please remain in your car/away from the entrance to support with social distancing.

My child has not been swimming for a long time and is nervous about returning.

We completely understand that returning to lessons after a long break will be difficult for some and there are things we will do to support this. Our friendly teachers will do all they can to reassure your child. The first lesson back will be planned to introduce all pupils to their teacher, class and any changes that have been implemented to put pupils at ease. The lesson itself will involve reintroducing confidence practices, pool rules and water safety as well as fun activities to make your child's return to lessons safe, fun and enjoyable.

Do we have to wear a face covering?

Following Government and local Public Health guidance for leisure operators we are now required to ask all customers to wear a face covering when entering the building. This includes in reception areas, changing rooms and toilets. If you have a medical condition which restricts you from wearing a covering, please let a member of the Modernian Lessons team know. As per Government guidelines children under 11 are not required to wear face coverings. It is important to use face coverings properly and wash your hands before putting them on and taking them off.

Who do I talk to if I have a question about my child's lesson/progression etc?

To comply with social distancing, your child's swimming teacher will not be able to have any face to face conversations before, during or after lessons. Please email us if you would like to discuss your child's swimming lesson.

How will social distancing work in lessons?

All lessons have been planned to ensure social distancing is maintained. Maximum bather loads and maximum lesson capacities have been calculated, pupils will be stationed 2m apart, teachers will teach from poolside and will maintain social distance from others, lesson times will be staggered to reduce the number of people in the area at the same time, there will be no physical contact between teachers and

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swimmers (unless in an emergency), swimming teachers will be assigned to a section of the pool, thus minimising movement of groups around the facility, poolside signage will be in place to remind all of social distancing, some games/activities will be adapted for social distancing purposes. Swimmers will also manage or have parent/guardian support with own hygiene and self-care such as blowing their nose, putting their goggles on, putting a swimming hat on, to reduce the need for physical contact and toilet use will be used on an urgent needs basis only so please ensure your child has been to the toilet before their lesson starts.

What happens if I have been told to self-isolate?

Anyone that has been told to self-isolate, should not attend swimming lessons (or enter the centre) and must follow government guidance. As per our terms and conditions, no refunds or credits are issued for absenteeism. Should long term illness or hospitalisation prevent you/your child from attending the programme, a letter giving details of the reason for absence should be written to the lessons administrator , who will decide if a credit should be issued for missed lessons up to a maximum of 4 weeks.

Why are teachers not in the pool when teaching children?

The recommended position for teaching groups of children is from the poolside as this offers the best position to observe the group both in terms of safety and in order to give appropriate feedback to each child. Our Governing Bodies do not advocate the need for teachers in the water where teachers have the responsibility for more than 2 children.

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Things you need to know before lessons start

Here is a list of things you will need to know before your lesson, please read all of these points before you attend:

- Please do not enter the facility if you, or a member of your household, have or have had symptoms of COVID-19 in the past 10 days or are in a situation where you should be self-isolating.
- You will be asked to leave the centre if you develop symptoms of COVID-19 whilst in the facility. If this happens, all Government guidance must be followed.
- Please maintain social distancing throughout the facility and do not congregate in groups in or around the pool building. Please follow all directional signage.
- Please use handwashing/sanitising facilities located throughout the centre and wash/sanitise your hands regularly.
- If you need to cough or sneeze, you should cover your nose and mouth with a tissue and put any used tissues in the bin. Failing this, you should cough or sneeze into a bent elbow and immediately wash your hands in all cases and avoid touching your face.
- Arrive at the pool no more than 5 minutes before lesson begins – if you are early, please wait in your car or away from the entrance.
- Please come ‘beach ready’ and go onto poolside to de-robe.
- Staff will open the doors and all adults must wear a face mask/covering in the building
- Swimming Teacher/Lessons administrator will inform pupils of when they can move to lesson area.
- Please bring minimal personal items into the swimming pool.
- Only one parent/guardian to accompany a swimmer.
- One way system – through the changing rooms (all shoes to be removed) straight onto the poolside – there is no access to changing facilities.
- Once poolside the assistant will show the children to the area where their lesson will take place, you can put the swimmers personal belongings on the seat and leave the child in the hands of the teacher.
- Parents please follow the one way system out of the poolside via the glass door into the entrance foyer (not the changing rooms) and straight out of the building.
- Lessons will be conducted following all Covid secure measures.
- Please can you return to your car, if possible to wait for the lesson to be over, if you are not in a car please keep to one area outside. We are not permitted to use the school grounds to play on and there is CCTV in the area.
- If your child need the toilet we will ring the mobile phone number you have registered with us and seek to find you in the car park. Please do not leave the Swimming pool grounds, as we need to be able to contact you in the event of an emergency or toilet situation.

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- Once your child's lesson is over the staff will come and collect you – through the changing rooms (all shoes to be removed) back onto poolside where you can collect your child.
- Please wrap them up warm either a dressing gown, towels, poncho or dress them over their costume to leave poolside immediately straight to your car. Strictly no removal of swimwear on poolside. Unfortunately we are not able to use the changing rooms at this time so your child will need to change and wash at home. Remember a dry towel for your car seat!
- Leaving the poolside promptly will allow the teachers time to clean the equipment before the next session begins.
- Teachers will be wearing face shields when in close contact and all equipment will be cleaned prior to use
- Toilet facilities to be used on an urgent needs basis, please ensure to have used the toilet before swimming lesson starts.
- Please do not approach the swimming teacher. If you have any questions or queries, please email lessons@modernians.org.uk

Thank you for your support with the above guidelines. We will our course update you if we need to change and tweak the processes during the lessons. Most of all welcome back – we have missed you all and are very excited to be part of your swimming journey again.