

Covid-19 Information Sheet for Swimming Lessons at Warlingham School

Warlingham Secondary School is in Tithe Pit Shaw Lane (CR6 9YB) & you need to use entrance A (Service & Sports Facility Entrance, next to the site managers house). Park wherever there is space & follow the road up the back of the school, it turns into a path which leads to the sports centre entrance.

Health

Symptoms of COVID-19 can range from mild illness to pneumonia. Some people recover easily and others may get sick very quickly. Most people with coronavirus have at least 1 of these symptoms –

A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

A loss or change to your sense of smell or taste – this means you have noticed you cannot smell or taste anything, or things smell or taste different to normal

If parents / guardians or swimmers or a member of the household have a cold, fever, anosmia or any signs or symptoms of COVID-19 they are not to enter the swimming facility or attend swimming lessons. They should self-isolate for two weeks and therefore are not permitted to attend swimming lessons for two weeks. Unless you have had the test and /or been all the all clear from your GP/NHS

A member of staff will be asking you on your arrival if you are healthy and feeling well

New procedures linked to Covid-19 for Autumn term 2020

To minimise the amount of people on site swimmers must be brought to lessons by **one** adult – non swimming siblings or additional family members are not permitted in the pool building.

Adults will need to bring their own hand sanitiser and hands will need to be cleaned before entering the building. Doors will be propped open to minimise touch points.

Swimmers should arrive pool ready with swimwear on underneath a onesie, tracksuit or towelling robe and wearing flip flops or crocs. They should also be already wearing their swimming hat and goggles as staff will not be able to assist with the putting on or adjusting of these.

Parents need to arrive on the school site no more than 10 minutes before the lesson is due to start and wait outside the main door to the pool building. Masks must be worn by parents whilst queuing and inside the pool building. Social distancing should be maintained at all times.

Swimmers will enter the pool through the red doors bringing with them a 'bag for life' containing their towel in which to put their onesie and flip flops once poolside. The bag

needs to be waterproof as it will be left on poolside and it must contain a large piece of paper with their name and the mobile contact number of the adult who is with them.

Class areas will be shown by a coloured bucket and swimmers will be directed to their area to wait for the lesson to start - this is where their bags will be left.

Unless children are very young or have additional needs, parents will drop the swimmer and return to their car or wait outside the building. Parents of the younger children will walk with them onto poolside, around the shallow end of the pool and into the spectator area.

Toilet Facilities

Encourage the children to use the toilet before you leave home as the ones at the pool are only to be used in an emergency. If your child needs the toilet during the lessons a member of staff will escort them to the toilet, (they will be expected to manage independently) wait outside and then escort them back to their class. If your child cannot manage independently you will be called by a member of staff and given instructions how to come and assist them.

Changing Areas

Swimmers will collect their bags at the end of the lesson and walk through the shower area to the changing rooms. Ideally older swimmers aged 8 and over would be encouraged to change quickly and independently to minimise adults in the changing rooms.

For younger children who need help dressing, 5 minutes before the lesson ends, their adult must walk round to the rear entrance. They need to wear a mask and remove their outdoor shoes and walk into the changing rooms and wait in the doorway of one of the cubicles. The swimmers will be brought through the shower area by their teacher to meet their parent.

Please note the showers will not be in use this term and everyone needs to dry quickly and exit the premises as soon as possible.

Changing rooms will be cleaned with the recommended disinfectant after each lesson.

Spectator Area

Following a decision by Warlingham School the spectator area is only open for parents of very young children (4 or 5 years old) or those with additional needs. Parents must wear a mask whilst in the pool building including the spectator area and sit on one of the allocated seats. Social distancing must be observed.

Collection of Children

Parents of children who are changing independently must collect their children from a member of staff at the rear entrance door as children cannot leave the building unaccompanied for their own safety.