

## **Covid-19 Information Sheet for Swimming Lessons at Dartford Grammar School for Girls**

Dartford Girls Grammar School is in Shepherds Lane (DA1 2NT). If you enter through the gate at the A2 end of the site there is parking on the left & in front of the school. At the front of the school there is a gated entrance, walk through the gate keeping to the left hand side and at the far end of the courtyard turn left. Walk between the buildings and into the playground. Keep close to the building on your right which is the swimming pool and continue to the second door on the right which is the new entrance to the pool.

### **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 Summer term 2021**

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.

Hand sanitiser will be provided at entry and exit doors 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, flip flops or crocs in their bag to change into just before stepping on to poolside. 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 5 minutes before the lesson is due to start and wait outside the door to the pool building. Masks must be worn by parents

whilst queuing and if they are inside the pool building. Social distancing should be maintained at all times.

Swimmers will enter the pool through the white door from the playground bringing with them a 'bag for life' containing their towel in which to put their onesie and outdoor clothes 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 in the school grounds. Parents of the younger children will cover their shoes with the shoe covers provided, walk with them onto poolside, around the deep end of the pool and into the spectator area.

### **Spectator Area**

Following a decision by Dartford Grammar School for Girls 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 6 allocated benches. Social distancing must be observed at all times.

### **Toilet Facilities**

Encourage the children to use the toilet before you leave home as there is only one at the pool and is 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 to the changing areas via the deep end of the pool. There are 2 changing areas for unaccompanied children, one for males which has space for 5 swimmers socially distanced. The other for females which has space for 6 swimmers socially distanced and these spaces will be clearly marked in the changing areas. Swimmers will be expected to towel dry and dress quickly to limit the amount of time spent in the changing area particularly if the area is full and other swimmers are waiting.

For younger children whose parents are in the spectator area, they can assist them to dry and dress quickly in the communal area but again, social distancing must be maintained. Please note the shower will not be in use this term and everyone needs to dry quickly and exit the premises as soon as possible.

Changing rooms and all touch points will be cleaned with the recommended disinfectant after each lesson. There will also be a member of staff overseeing the changing area.

## **Collection of Children**

Parents of children who are changing independently must collect their children from a member of staff at the door at the end of the courtyard as children cannot leave the building unaccompanied for their own safety. Whilst waiting for your child please remember to socially distance.