



PARKS, RECREATION
& COMMUNITY SERVICES

Swimming Lessons Pool Guidelines for Participants

General Information

- Please stay home if you are sick. If you need to assess your symptoms, please call 8-1-1 or use the BC COVID-19 Self-Assessment tool.
- Physical distancing is not optional. Patrons must stay 6-feet or 2 metres apart from one another and staff.
- Masks and face coverings that cover your nose and mouth are not allowed to be worn while you are in the water.

Getting Ready For Your Lessons

- Please come "swim ready": dressed in your swimsuit, as this will assist us in getting you to your lesson on time.
- Due to occupancy limitations, our change rooms can only accommodate a small number of people at any given time. For this reason, change room times are limited as you enter the pool. **Change rooms and showers will not be available after lessons.**
- Bring your own water bottle. Water fountains on the pool deck are not available.
- No lockers will be available at this time. We encourage patrons to keep personal items at a minimum. At Gordon Head Pool an on deck cubby will be provided.
- Only one adult (16 years of age or older) will be permitted in the pool area for each swim lesson participant. All other family members and friends are asked to wait outside of the pool and deck area due to occupancy limitations.

Arriving At the Centre

- Please enter the facility by the front (main) entrance no more than 15 minutes prior to your lessons.
- A limited number of patrons will be permitted to use the change rooms at a time. Staff will start directing registrations into the change rooms 15 minutes prior to the start of their lesson.

During Your Pool Visit

- Everyone must wash hands when entering the pool area with soap and water for at least 20 seconds and have a quick, cleansing shower before using the pool.
- Patrons in need of physical assistance should receive help from a family member.
- Drop in swimming will not be available before, during, or after lessons. All pool space is allocated to lessons during lesson times.
- The hot tub, sauna, and stem room are closed.
- Do not spit or blow your nose in the water.

Changes to the Lesson Program

- All swim instructors will now teach from the edge of the pool deck with the exception of in-water demonstrations.
- In order to support staff and participant safety, all Swim Preschool and Swim Kids 1-4 classes now have a “Swim with Me” program adaptation. This adaptation requires that a maximum of one adult (16 years of age or older) attend the lesson changed in a bathing suit, in the water, with the swim participant during the entire lesson. This adult support is required to be in the water with the child at all times. In order to ensure there is no contact between swim participants and instructors, the adult support in the pool will provide support and correction to the child based on instructor feedback. Swim Kids 5-10 participants who are 7 years of age or older do not require an adult in the water with them.
- All classes with the “Swim with Me” adaptation will be taught in either the Leisure Pool or the shallow end of the Lap Pool.
- All swim lessons are now 30 minutes long.
- Either class size has been reduced or pool space has been increased to ensure appropriate physical distancing can be maintained.
- In order to reduce contact between instructors and patrons, we will not be offering “Dear Parents” or report cards at this time. Instructors will give verbal feedback to the adult support on the level they should be registered into next, and their grades will be recorded in ActiveNet by Gordon Head staff.

After Your Lesson

- **Showers and change rooms will not be available after the swim lessons.** Parents and guardians are advised to bring warm clothing for themselves and child after lessons. Toilets will be available.