



# the Y Reboot Swim School 2.0

*Helping Swim School Families  
as they Return to Activities*

*We believe in the power of inspired young people*



# LET'S KEEP OUR SWIM SCHOOLS COVIDSAFE

The impact of COVID-19 has greatly impacted the Y Swim Schools in NSW & ACT - however our commitment to the safety and wellbeing of all swim school families has not wavered.

The Y has a responsibility to ensure the health, safety and wellbeing of participants, volunteers and employees which includes their physical and mental wellbeing.

To ensure that we are looking after all of our swim school families there will be changes to how learn to swim classes are operated prior to COVID-19. This document highlights all of the changes you can expect, however keep in mind each Y centre is unique and your centre will also provide additional updates to best suit your community.

**We ask that all parents refresh themselves with the outlined requirements and talk through these changes with their children prior to coming back to swimming lessons. This will assist with the re-adjustment back into the pool and ensure all of our families are confidently assisting with the Covid-Safe process as well.**



# BEFORE ARRIVAL

## Who can attend swimming lessons in NSW?

- All participants (and any permitted adults) 16 years and over must be fully vaccinated to enter the facility
- Patrons are to provide proof of vaccination (two doses) with an approved COVID-19 vaccine upon each visit to the Centre, by one of the following:
  - COVID-19 digital certificate (Medicare Mobile App / MyGov)
  - Printed version of the COVID-19 digital certificate or immunisation history statement (available through myGov)
  - COVID-19 digital certificate in any other NSW Government form
- All customers (when not in the pool) MUST wear a mask on premises. Children aged 12 and under are NOT required to wear a face mask.
- To maintain the safety and supervision requirements within that environment masks will NOT be required whilst participating in an activity, class, or program within the pool.

## Daily Health Screening

Please assess the health of your family members before attending your centre.

Please do not attend if you have:

- A cough
- A cold
- A sore throat
- A temperature

Rolls will be marked for every lesson to ensure contact tracing can occur as required.

Adults entering the facility (when permitted) will also be required to fill out an attendance log, via a QR code & smartphone for contact tracing purposes.

## Get In, Learn, Leave

We will have some new procedures in regards to bringing our children to their swimming lessons. This is to ensure we do not exceed the number of people allowed within an area in the centre. One of the recommendations made by the government is the need for patrons to not be at their centre any longer than they have to be – please ensure you only enter the centre a few minutes before your lesson starts. We appreciate everyone's cooperation with these new procedures set out below:

- We strongly encourage one vaccinated parent per child/family to enter the facility and must follow all hand sanitising and distancing protocols set out in the centre. Please do not bring additional siblings to classes if possible, to reduce the number of individuals within the facility.
- Please ensure physical distancing is adhered to when waiting for your child's class to finish.
- Swimmers and anyone entering the facility will be allowed to sanitise their hands prior to entry of the facility and on exit.
- There will be designated entrance and exit pathways – to minimise the amount of crossover of participants.
- Should an adult be required/permitted to enter the facility there will be a QR Code for them to scan and show vaccination status to staff prior to entering the facility for contact tracing purposes
- Covid Marshalls will be checking vaccination status of any permitted adults prior to entry

**Remember to ensure your personal contact details are up to date in the event that your centre needs to contact you for any urgent matter.**

# BEFORE ARRIVAL *CONTINUED*

## Wear clean clothes

- Please ensure all children arrive dressed in their swimming attire ready to participate in their lessons.
- Where possible, participants should avoid wearing their school clothes to class after long duration in contact with other individuals and where possible contamination may have occurred.
- Restrictions and limited capacities will be in place for change rooms at our centres.

## Listen to your teacher

Children are adapting to the changes within society at the same time adults are, however, there can be differing expectations within different environments which makes it challenging for children to adapt to change at the pace required.

Prior to attending class talk to your child about some of the potential changes that may have been implemented within the swim school. Encourage them to listen to the teacher and follow instructions as directed.

## Bring your own items

- Where possible, children are recommended to bring their own personal equipment, including but not limited to;
  - **Full water bottle**, clearly labelled with your child's name – bubblers will not be in use and taps will be for hand washing only. It is ok to bring more than one water bottle if needed.
  - **Kickboard** – these will still be provided at a learn to swim level, but we recommend you bring your own kickboard if available. Centre equipment that is used will need to be cleaned after every class. Squad swimmers will be required to bring their own equipment to their training session.
  - **Goggles**, while most children usually bring their own goggles, we will not be lending or sharing goggles if you forget to bring them, so please remember to have them packed.



# DURING CLASS

## The class structure may be different

Social distancing, venue restrictions, cleaning procedures, and the financial impact of COVID-19 presents a multitude of challenges for our centres which have necessitated certain decisions to maintain program delivery.

Parents should anticipate that new class structures will be implemented and may result in changes including but not limited to;

- changes to class structure to allow for physical distancing /adhere to pool capacities
- possible separation of friends previously participating in classes
- changes to some class times to accommodate a changing timetable (this will be directly communicated to affected members if this is the case)
- changes to teaching staff

**If you have any significant concerns speak to your centre directly regarding the changes.**

## Class formation and flow will encourage distancing

Line, triangle, square, L-shaped and U-shaped formations will be adapted in order to encourage safe teaching. Swim Schools will also utilise **additional space** (where applicable) within the pool area in order to adhere to encourage distancing within the program. When swimmers are participating in activities, **class flow** will ensure children will take turns and will leave a distance (aim for 1.5m) between each swimmer.

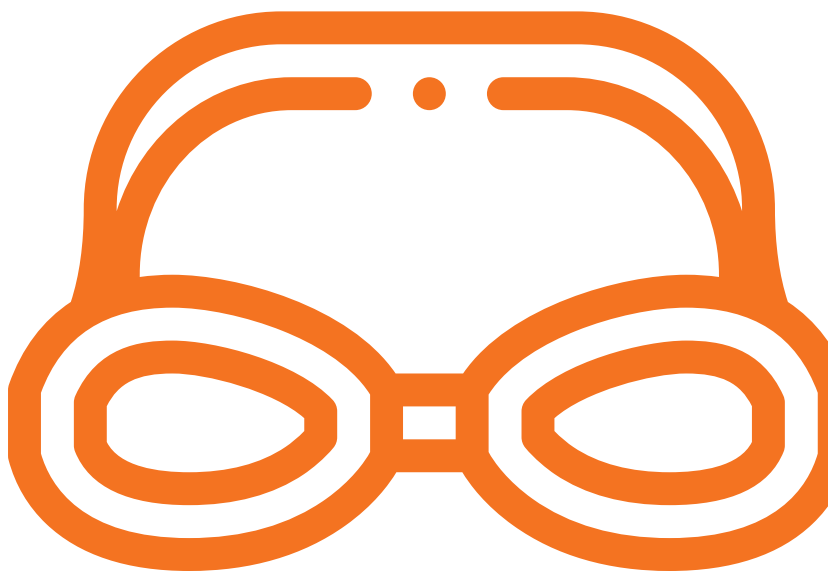
## Physical contact will be limited, but may occur when duty of care deems it necessary

Obviously, swimming lessons bring a certain duty of care to all our swimmers, and staying at a close distance to children where we need to maintain safe practices (based on their ability) will be our priority.

However, where we deem safe, we will adhere to appropriate spacing between our teachers and students.

## The learning process

All of our swim schools across NSW and ACT have been affected by COVID lockdown this year, whether it be for a few weeks or numerous months. As a result, there have been unavoidable disruptions in your child's learning. When children return to swimming lessons, we would expect them to need a few weeks to reinforce the skills they were developing before the lockdown. Our teachers have been well trained in ensuring they help your children acquire any lost skills quickly, we just ask you to be patient as they restart their aquatic education.



# DURING CLASS *CONTINUED*

## COVIDsafe teaching strategies and lesson plans will be adopted

**Teaching strategies** will be adopted that will focus on distancing (that will protect both our students and teachers). For example, activities will be modified to ensure certain skills, such as submersion and blowing bubbles, will occur facing away from the teacher and other students.

**Verbal and visual communication** and feedback will be given in lieu of physical contact (where possible).

We are also aware that many of our swimmers will have forgotten some of the skills they acquired prior to the lockdown. Therefore, our teachers will be committed to, amongst other things, rebuilding the teacher-student relationship, as well planning lessons that will allow children to steadily ease into the routine of their swimming lessons.

We understand the disruption the last few months have had to many of our lives, but we are committed to offering lessons of the highest teaching standard, while also adhering to COVIDsafe practices.

## There will be new hand washing and cleaning requirements

There will be constant cleaning of equipment after each shift (and in between each class) to ensure the safety of our swimmers and teachers. There will be no sharing of equipment between children – each child will have their own allocated equipment to use (when necessary). It will be cleaned after each class.

**Remember if your child has any underlying health conditions, including skin conditions, you should notify your swim school immediately.**

## If your child starts to feel unwell or show flu like symptoms during class, they may be asked to go home early

- If you are unable to attend due to illness or feeling unwell, makeup lessons may be available by request and are dependent upon availability.
- Please view the booking and terms and condition for your centre.



# AFTER CLASS

## Have a shower when you get home

Despite the rigorous cleaning procedures your centre would have implemented, we encourage all swimmers to return home and shower to reduce risk of transmission that may occur as a result of the use of any common items, objects or equipment.

If your child presents with any cold or flu-like symptoms following a swim lesson you should notify the centre management immediately. Keeping your swim school informed of the health of your child helps them keep all children healthy.

## Requesting Feedback

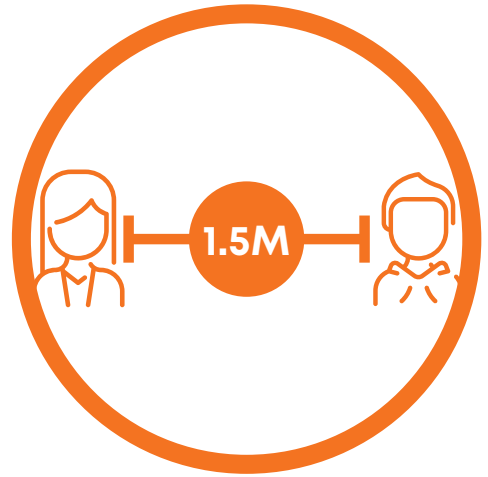
If you wish to know more about your child's progress, or have any questions about the program, we ask that you do so during your lesson time. Otherwise, please feel free to call or email the centre, where we can attend to your enquiry.



# REMEMBER...



Cough and sneeze  
into your elbow



Please keep your  
distance



Wear a mask on  
premise

*(when not in the pool,  
and if you are over 12  
years old)*



Wash your hands  
regularly with soap  
and water



If you are unwell,  
please stay home

# CONTACT YOUR CENTRE FOR MORE INFORMATION

To ensure the safety of our staff, please contact the relevant centre via email, phone or your regular communication platform.