

Fall/Winter 2020 Swim Lessons
General Information
COVID-19 Modified

- **Types of lessons available:**
 - Private 1-1 lessons
 - Semi-Private 2-1 lessons
 - Semi-Private 3-1 lessons
- Social distancing is observed
- Instructor teaches from deck for 1-1 lessons unless Caregiver requests Instructor to teach in water and signs the additional waiver.
- Instructor teaches in water OR from deck for 2-1 or 3-1 lessons. Additional waiver must be signed.
- Caregiver-aid acts as the instructor/student interface as needed. Caregiver may be requested to assist Instructor in water.
- No spectators will be permitted on deck.

Flow Chart Private Swim Lessons

- Private swim participants are to arrive 5 minutes prior to the swim lesson
- Swimmers are to wear masks to enter/exit the facility
- Swimmers are to arrive and depart in their swim attire (locker rooms are not available)
- Private swim lessons will place their belongings on the private swim lesson chair
- Swimmers will shower on deck and return to their chair to wait for their instructor
- Lesson will take place; once complete the participant will promptly climb out of the water. Caregivers (not participants) may use the stairs or ladders to exit the pool.
- Participants will return to the chair, towel dry etc., don their masks and exit the pool area using the pool entrance door.

Caregiver Involvement

- Caregiver will act as an extension of the instructor aiding the child in learning skills presented
- Caregiver will engage with the child keeping them focused and practicing the specified skill until the instructor moves to a new skill
- Caregiver will take the information and correction from the instructor and help the swimmer to put info into action
- Caregiver will support novice swimmers as directed by the instructor being very aware of the water level on the swimmer's face
- Caregiver will make sure their path of movement within the water keeps them socially distant from other students
- Caregiver will be responsible for the swimmer's safety while at the facility as well as in the water

Instructor Involvement

- Instructor will be responsible for providing the lesson plan each day

- Instructor will teach predominately from the deck. Instructor may teach in water with a shield for semi-private 2-1 and 3-1 to provide additional support for the lesson. Physical contact with the swimmer will be limited for semi-private lessons.
- Instructor will use sanitizing wipes between lessons
- Instructor will plan for 15 minutes between lessons