

# PARENTS AND CARERS GUIDE TO CHILDREN'S SWIMMING LESSONS

mytimeactive



## Contents

Getting to us .....	1
Beach ready .....	2
Lockers .....	2
Travelling through the leisure centre .....	2
Observations.....	2
Teachers .....	2
Kit.....	2
Adult and Baby classes .....	3
Preschool and stage 1-3 classes.....	3
Stage 4-5.....	4
Stage 6-8.....	4
The lessons .....	5
Adult and baby/ sing and splash classes .....	5
SEND classes and classes that require a teacher in the water .....	5
Cleaning.....	5
Reassessments.....	5
Badges .....	5
The swimming pathway .....	6
Learn to Swim App.....	7
Parent Portal.....	7
Lifeguards.....	7
Covid-19 cases .....	7
Further questions .....	7

We are so excited to start our swimming lessons again and have missed all of our swimmers so much! Needless to say, our top priority is ensuring the safety of our swimmers and staff. We have set out this guidance document for parents to see the measures we are taking to reinstate lessons and maintain the utmost standards in hygiene and infection control.

### Starting up again

We have reconfigured our programme in line with social distancing and safety measures. We have retained as much of the original programme as possible however there may be some changes. As children have had a long time out of the water it will be best, in most cases, to remain in the class they were in before lock down and we will spend the first few weeks reassessing children. The exemption are pre-schoolers who may be moving up to stage 1 classes and adult and child moving up to preschool. We will make movements in the programme that you will be able to see in our parent portal, more details below.

### Getting to us

Where possible we are asking parents to visit their nearest leisure centre for swimming lessons or travel by car.

## Beach ready

Please bring your child 'beach ready' for lessons with a towel, goggles and swim cap. This means with their swimming kit under their clothes and to shower at home before and after attending their lesson. This way children can go straight to pool side and leave their over clothes on poolside. We ask that at the end of the lesson for children to towel dry on poolside and put a bath robe or onesie over their costumes to travel home in. This is to reduce traffic in the changing rooms. Children must not wear face masks in the pool. Please fit your child's swimming hat and goggles where necessary, children will need to adjust their own goggles and hats in the lesson, please practise at home! Here is some swimming cap advice from Zoggs <https://www.zoggs.com/blog/putting-a-swim-cap-on-your-child/>

## Lockers

Lockers will remain closed, please avoid bringing excess items that need storing and try and bring belongings on to pool side if you will be observing the lesson rather than using communal lockers.

## Travelling through the leisure centre

Entrances, exits and direction signage will be clearly marked for entrance to the pool. There will be screens at reception desks to protect you and our staff and some staff may be wearing face coverings. It may be your centre will have a separate entrance and exits for swimming lessons to avoid travelling through the centre to reach the pool. Please maintain social distance between staff and other customers throughout the leisure centre.

## Observations

For children over 8 years, we ask you to drop off your child at your centres allocated drop off for lessons and pick up at the end of the lesson. For children under 8 years you can wait in a socially distanced observation area. We ask that only one parent or carer brings children to their lesson and if you do watch the lesson to ensure you have sufficient distance between other customers. We are asking parents to wear face masks whilst observing lessons.

## Teachers




Where possible swimming teachers and teaching assistants will be teaching from poolside. This is to allow pool space in the pool and also to minimise contact between staff and children. We will endeavour to ensure the same teachers remains in the class though this may not always be possible. Teachers will have teaching zones marked out and may use cue cards and visual aids in lessons rather than excessive speaking or physical corrections. Teachers will remain in their allocated zones for the duration of their lessons. This may mean that you child's teacher previous to temporary closure could change.

## Kit

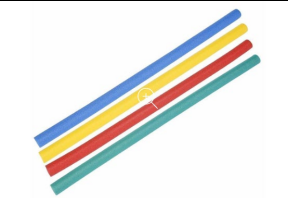



Our floats and pool toys will be assigned to your child for their lesson to avoid communal use of equipment. Kit will be cleaned between lessons and rotated throughout the day. If you would prefer your child to bring their own kit we would be more than happy for you to do so. We do not encourage the use of arm bands for lessons.

Suggested items are:

Adult and Baby classes (these classes will remain suspended until further notice)

	<p>Watering can <a href="https://www.zoggs.com/watering-can">https://www.zoggs.com/watering-can</a></p>
	<p>Toys <a href="https://www.zoggs.com/zoggy-soakers">https://www.zoggs.com/zoggy-soakers</a></p>
	<p>Splash balls <a href="https://www.zoggs.com/splash-balls">https://www.zoggs.com/splash-balls</a></p>

Preschool and stage 1-3 classes

	<p>Pool noodle</p>
	<p>Junior kick board/float x2 <a href="https://www.zoggs.com/junior-kickboard">https://www.zoggs.com/junior-kickboard</a></p>
	<p>Dive sticks/sinkers <a href="https://www.zoggs.com/zoggy-dive-sticks-12277">https://www.zoggs.com/zoggy-dive-sticks-12277</a></p>
	<p>Light weight pool balls <a href="https://www.zoggs.com/splash-balls">https://www.zoggs.com/splash-balls</a></p>



Egg flips

[https://www.theswimmingshop.com/beco-egg-flips.html?gclid=CjwKCAjw26H3BRB2EiwAy32zhW10JPYQ2A1X3fvVlhmpK3GYM3k1LALxWfl0W4FtbFe4omDpd8flbRoCYPYQAvD\\_BwE#fo\\_c=464&fo\\_k=142914d803d2b1dbe61d85286a2537d3&fo\\_s=gplauk](https://www.theswimmingshop.com/beco-egg-flips.html?gclid=CjwKCAjw26H3BRB2EiwAy32zhW10JPYQ2A1X3fvVlhmpK3GYM3k1LALxWfl0W4FtbFe4omDpd8flbRoCYPYQAvD_BwE#fo_c=464&fo_k=142914d803d2b1dbe61d85286a2537d3&fo_s=gplauk)

Stage 4-5



Junior kick board/float

<https://www.zoggs.com/junior-kickboard>



Dive sticks/sinkers

<https://www.zoggs.com/zoggy-dive-sticks-12277>

Stage 6-8



Kickboard

<https://www.sportsdirect.com/SearchResults?DescriptionFilter=kickboard>



Dive sticks/sinkers

<https://www.zoggs.com/zoggy-dive-sticks-12277>



Pull buoy

<https://www.zoggs.com/pull-buoy>

## The lessons

The pools will be divided in to teaching zones and children given stations in these zones. Children will be distanced and travel in set directions for their lessons. We will encourage children to climb out the pool where possible rather than using the ladders or pool steps. For stages 4 and up children will be in lanes where possible and be set off with distancing measures. Your child may be in a different section of the pool to the one they had before and in some cases this may mean that your child moves to or from the teaching pool or in to deeper or shallower water in the main pool to ensure social distancing.

All of our lessons are risk assessed.

## Adult and baby/child and sing and splash classes

Our adult and child classes will remain suspended for the time being.

## SEND classes and classes that require a teacher in the water

Where it is deemed necessary, it may be that the teacher needs to be in the water for the class. If this does happen, parents will be consulted and a risk assessment drawn up for the lesson. It may be that we ask an adult or carer to be in the water rather than the teacher and if this is the case we will consult you about this.

## Cleaning

Our pool cleaning will be regular and thorough and teachers will aid our pool cleaning by cleaning kit and frequent touch points between lessons around the pool including railings and ladders.

## Reassessments

To ease children back in to classes we will conduct reassessments on the first few lessons. It is natural for children to feel nervous and there may be a little regression but we hope they will be excited! This reassessment will help the children regain their confidence and ensure they are achieving to their best abilities.

## Badges

From 2021 we are committing to Swim England's pledge of the chance to get three badges a year. This does not mean they will move up three stages a year. All children develop at different speeds and have different abilities. We will be holding badge weeks throughout the year for children to try a range of skills such as distance swimming and water skills swimming. You can learn more about the stages and badges

<https://www.swimming.org/learntoswim/learn-to-swim-information-for-parents/>



## The swimming pathway



### Learn to Swim core Awards

#### ○ Pre-School Framework

Perfect for pre-school children, building the beginnings of a lifelong love of water.



#### ☆ Learn to Swim Framework

Ideal for children aged four through to 11, developing confident and competent swimmers through fun and enjoyment.



#### ☆ Aquatic Skills Framework

Perfect for children who have completed the Learn to Swim Stages 1-7 and are now looking to develop skills.



#### Adult Swimming Framework

For older teens and adults looking to make a start with swimming, build water confidence and/or improve their swimming technique.



Swim England recommends aiming to achieve three Awards per year.

The Swim England Learn to Swim Programme is a world-leading syllabus, helping children and adults to learn how to swim. It's a fantastic experience that opens up new possibilities for everyone, as well as supporting their confidence, enjoyment and safety in the water. Swim England Learn to Swim Awards are a great way to keep learners of all ages and abilities motivated throughout their swimming journey. Our Awards scheme includes both 'core' and complementary Awards. The diagram here shows a swimmer's journey through the core Awards of the four Learn to Swim Frameworks.

#### ○ Pre-School Framework

##### Complementary Awards

- I Can... Awards
- Puffin Award
- Adult and Child Award
- Blank/Achievement Award

##### What's next?

It's time to move on to the Learn to Swim Framework where there's lots more Awards to collect!



Celebrate completion of this Framework with the Swim England Pre-School Swimmer Medal. Don't miss out! Ask your swimming teacher for more details.

#### ☆ Learn to Swim Framework

##### Complementary Awards

- I Can... Awards
- Puffin Award
- Alpha Step Awards
- Rainbow Distance Awards
- Water Skills Awards
- Preliminary Safety Skills Award
- Personal Survival Awards
- Blank/Achievement Award

##### What next?

Continue the swimming journey with one of the four disciplines in the Aquatic Skills Framework, or join a local swimming club to enjoy regular participation.



Celebrate completion of this Framework with the Swim England Learn to Swim Medal. Don't miss out! Ask your swimming teacher for more details.

#### ☆ Aquatic Skills Framework

##### Complementary Awards

- Rainbow Distance Awards
- Swimming Challenge Awards
- Swimming Stroke Awards
- Personal Survival Awards
- Water Rescue Award

##### What's next?

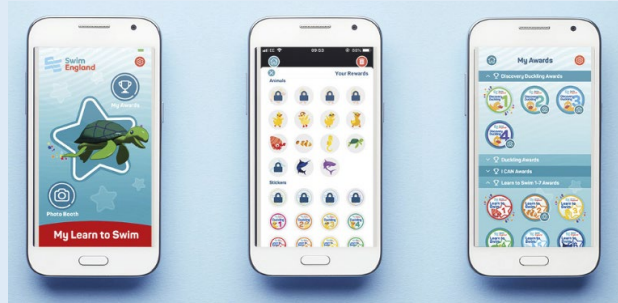
Congratulations! Now it's time to join a club. There are clubs across the country for swimming, diving, water polo and synchronised swimming. They are the best way to take your favourite sport to the next level. Who knows, you could be representing the national team in a few years!



Celebrate completion of this Framework with the Swim England Elite Swimmer Medal. Don't miss out! Ask your swimming teacher for more details.

## Learn to Swim App

Swim England have launched a fantastic Learn to Swim App that parents can download and snap pictures of their child's swimming certificate. This is then loaded in their Learn to Swim app and will unlock funny frames and pictures that can be used as photos. <https://www.swimming.org/learntoswim/my-learn-to-swim-app/>



## Parent Portal

We use software called Learn 2 in order to track your children's lessons and achievements. This portal allows a parent function where you can log in and monitor your child's progression. You may see teachers with IPODs and IPADS around poolside. This is the Learn 2 portal where teachers can take registers, load demonstration videos for children to watch and also log your child's achievements. <https://bookings.mytimeleisure.co.uk/homeportal/>

## Lifeguards

Our lifeguards will be present at our pools, where lifeguards are not present, your child's swimming teaching will hold a relevant lifesaving qualification. Competent swimmers at a stage 7 and above are able to join Rookie Lifeguard courses at our pools in order to learn more about water safety. All of our lifeguards will be reassessed following temporary closure and adopting new techniques as governed by the RLSS. <https://www.rlss.org.uk/>

## Covid-19 cases

We ask you not to attend should you or your child display symptoms of Covid-19. Should we have a confirmed case of Covid-19 in the centre we will inform parents and follow government guidance in reporting to Public Health. For suspected cases we ask that you do not bring your child in and get tests as per government advice. If the test is negative you may resume lessons, should your case be positive we will ask you to self-isolate from lessons for the recommended period.

## Further questions

If you have any further questions about the swimming programme, please contact your pools site.

We cannot wait to welcome you back to our swimming lessons. See you soon.