

# Active Aquatics

## REOPENING PROCEDURES FOR SEFTON SCHOOLS & STAFF FOLLOWING COVID-19

### ALERT LEVEL 3



The image is a graphic from the NHS and HM Government detailing the five alert levels for COVID-19. It features a vertical stack of five colored boxes, each containing a number from 1 to 5. To the right of each box is a corresponding text description. The third box, representing Alert Level 3, is highlighted with a black border. The NHS logo is in the top right corner, and the HM Government logo is in the top left corner.

Alert Level	Description
5	As level four and there is a material risk of healthcare services being overwhelmed
4	A COVID-19 epidemic is in general circulation; transmission is high or rising exponentially
<b>3</b>	<b>A COVID-19 epidemic is in general circulation</b>
2	COVID-19 is present in the UK, but the number of cases and transmission is low
1	COVID-19 is not known to be present in the UK

We are excited to be back and hope you are too. The safety and wellbeing of our users and staff are paramount and we want you to feel safe, comfortable and supported on your return. We have therefore introduced a carefully planned phased approach to the re-opening of our Leisure Centres.

While we're all dealing with the effects of COVID-19, we wanted to take this opportunity to update you on the measures that we are implementing to help keep both you and our staff safe during the use of our Leisure Centres. We are fully aware of the incredible value that the Leisure Centres and wider activities have on the health and wellbeing of our communities and safety is absolutely paramount.

Therefore, any plans for re-opening will continue to follow guidance from Central Government, Public Health England, Swim England and industry best practice.

As part of these proposed measures and to ensure that the Leisure Centres are ready for your return, extensive preparations have been underway since closure, examples of which are listed below:

- Since closure there has been deep cleaning throughout all 6 Active Sefton Leisure Centres.
- Measures have been put in place to encourage social distancing throughout, including the spacing out of gym equipment and changing facilities.
- Hand sanitisers and cleaning stations have been set up around the centres for all members and staff to use, with additional extensive cleaning schedules being implemented once opened. Each of us will play an important role in keeping our Centres safe, so we please ask that you help us by wiping down all equipment before and after use.
- We have introduced directional floor markings, protective screens at reception and new signage to create a safe flow. Where the facility allows, we will create separate entrances and exits to our centres, so that it's easier to keep a safe distance from other users.
- There will be limited/no showers available for swimming
- All hairdryers and hand dryers will be out of use.
- All fitness / dry side changing areas will remain closed. Additional measures will be put in place to ensure minimal congestion in the swimming changing facilities.
- To help minimise the spread of COVID 19 and to ensure the safety of yourself, other users and staff, we have introduced a list of member protocols that we ask that you follow on your return.
- To prevent other users and staff becoming infected If you have any symptoms stay at home.

To keep with government guidelines, we have limited the number of people who can access the centre at one time.

### **Active Aquatics School Swimming Phase 3 Restricted Programme**

- No public swimming access during school swimming lessons.
- Active Aquatics will have the use of the whole pool and wet side changing rooms.
- No spectating permitted.
- As part of the track and trace precautions a copy of teachers names and the number of pupils along with contact details will be taken upon entry to the site and saved for 21 days. Registers with each child's first and second name must be provided to the Aquatics Team prior to attending the swimming lesson. This will then be dated and saved.
- Schools allocated Group Changing will enter the site through the Fire door. This will be clearly sign posted for your arrival.
- Schools allocated Cubicle Changing will enter the site through the main entrance which is clearly sign posted.

- Maximum of 2 children to share 1 cubicle.
- Following government guidance for schools 'full opening,' the classroom setting or 'bubble' provision is to be replicated in a swimming lesson environment.
- Class numbers are restricted to an absolute maximum of 36 pupils. Due to the large group size all measures have been put in place to ensure schools are kept apart from other schools.
- Children are to be encouraged to keep their distance and remain in their 'bubble'.
- Restrictions we have put in place allow for social distancing between schools.
- When delivering swimming lessons swimming teachers that are external to a school bubble are to adhere to government guidance on social distancing.
- School teachers and teaching assistants that are internal to the bubble can replicate the same procedures through swimming lessons as they do in the classroom.
- Considerations will be made on how to reduce contacts and maximise distancing between those in school wherever possible and minimise the potential for contamination so far as is reasonably practicable.
- Swimming timetable will remain as planned – no amendment to timings. We have made adaptations to allow for sufficient time between lessons for cleaning and to reduce the chance of clustering groups.
- Teachers will deliver from poolside.
- Specific need for a teacher to deliver from within the water, is both the teacher's & Aquatics professional responsibility to thoroughly risk assess each individual case – this must be discussed directly with Aquatics Team
- Use of assistant teachers; assistant teachers or school teaching assistant to also support from the poolside. Positioning is opposite to the Level 2 Teacher and to reinforce the class management of social distancing. A teaching assistant can support the delivery of demonstrations, activities, class organisations and communication to ensure the lessons run efficiently.
- Aquatics will continuously evaluate the number of personnel on poolside to maintain social distancing.
- Regular set up with one level 2 instructor delivering swimming lesson with support from school teaching staff.
- All equipment will be sanitised before and after each activity.
- Wearing a face covering is optional and is not yet required by law. If you choose to wear PPE please be mindful that the wearing of a face covering may inhibit communication whilst on poolside.

### **Arriving for your lesson**

1. An Active Aquatics instructor will be positioned outside to help with marshalling.
2. Schools allocated Group Changing are to queue up outside the Fire door located slightly further down from the main entrance. All of this will be clearly sign posted for your arrival.
3. Fire door entrance gains immediate access to the group changing area.
4. The Aquatics instructor will sign you in and walk you through to the changing area.
5. Schools allocated cubicle changing are to queue up outside the main entrance
6. The Aquatics Marshall will co-ordinate you through the building to reception to sign in.
7. Once signed in you will walk through with the Aquatics instructor to the Cubicles (2 children per cubicle)
8. Clothes to be left in the cubicles, clothing is not be allowed to be taken on to poolside. N.B Wet side changing rooms will only be accessible to schools, members of the public will not be permitted access under any circumstances.

9. Designated changing areas are allocated to one school for the duration of their swimming lesson.

e.g. School **A** due to swim at 9:15 will get changed in the regular group changing. School **B** due to swim at 9:45 will be allocated the cubicles. Once School **A** has finished their lesson they will exit poolside following the one-way system School **B** will not be allowed entry onto poolside until School **A** has fully exited poolside and entered the allocated changing area to maintain social distancing.

10. Once a school has left the leisure Centre the changing area will be cleaned down ready for the next school to arrive.
11. Rotation between group changing area and Cubicles is in place to enable staff to complete cleaning regime and to prevent any overlap between schools.

A high degree of cooperation and coordination needs to exist between Active Aquatics and you the school. Its our main priority to ensure everyone is clear about their roles and responsibilities and we all understand what is expected throughout the visit to the pool. All of this is defined in the service level agreement which is also attached to this document.

**Booking onto this service you will automatically be agreeing to all the conditions detailed in this letter.**