

West Grinstead Swimming Academy

Cowfold Road, West Grinstead, RH13 8LU (almost opposite the Orchard Restaurant)

Covid Precautions and Rules of Attendance

- *If a pupil feels unwell, or their accompanying guardian, they must **NOT** attend the lesson.
- *Arrive maximum of 5 minutes before your lesson to prevent congestion.
- * NHS Trace & Track poster is on the entrance door. Please scan your smart phone every time you attend.
- *Pupils will be asked to arrive “pool ready” with swim suit under their clothes, which will hopefully be an easy outfit, such as a onesie or a track suit, or dressing gown, with flip flops.
- *Pupils must use the toilet, blow their noses and wash their hands thoroughly before entering the pool.
- *Hand sanitiser is on the inside of the entrance door to the left, which must be used by everyone. Soap in the bathroom. 20 second hand wash regime is in place.
- *Our Teacher will be in the pool with the pupils.
- *Football cones are being used as spacers to keep pupils socially distanced in & out of the pool.
- *Our Teacher will wear a face shield, which will have to be removed for demonstrations.
- *Our Teacher has hand sanitiser on poolside.
- *Chlorine kills covid. The Teacher, Pupils and equipment are therefore safest in the pool water, which is state of the art, with a probe, which constantly tests and doses the pool with chlorine and PH to ensure the safety of the pupils/teacher. Everything is continually being disinfected by the pool water.
- *Lesson time will be 25 minutes duration providing a short time for pupils to dress and leave. Please leave promptly. Thank you.
- *Our Teacher is equipped with a specialist anti-viral spray on door handles, light switches and surfaces during the few minutes between lessons. It is a special spray. Within 30 seconds it has disinfected and dissipated. There is no need to wipe any surfaces.
- *One spectator only to each pupil.
- *Spectator **must** wear a face mask/covering. Not applicable to accompanying siblings.
- *Again, please exit promptly to provide our teacher time to spray disinfectant. Thank you.
- *Please bring plenty of fluids for you and the pupil to drink in this hot weather.

Please be assured we have maximum safety precautions in place.