Returning to the pool

Guidance for **Swimming Lessons**

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Swim England

Covid-19: Returning to the pool

Foreword

We have all been missing the water during the Covid-19 enforced closure of swimming pools. For many of our members across all our disciplines, this will have been the longest period out of the water, which can take a toll on both our physical and mental wellbeing.

As the recognised national governing body, Swim England is therefore delighted to be able to produce this guidance to help ensure the safe return to the water once swimming pools are allowed to open once more.

Our first priority remains the safety of everyone involved in our sports, be they participants, leisure centre staff, coaches or volunteers. We will at all times be led by the latest government guidance and regulations. This guidance has been produced in collaboration with experts from across the sector and I would like to thank everyone who has contributed to its creation.

The guidance covers a range of settings, including for;

- Operators user guidance

- Users

- Swimming Lessons

- Community Swimming

- Clubs.

When pools reopen, it will not be a case of 'business as usual' and we know that things will have to be different, but if we are to play our part in protecting the NHS from another wave of Covid-19 admissions, it is important we follow the latest guidance and adjust to the new 'normal'.

Swim England will continue to push for more financial support for the swimming sector to ensure we can all continue to enjoy the sports we love.

Jane Nickerson
Chief Executive, Swim England

Guidance for Swimming Lessons

Introduction

The following has been developed in co-operation with industry partners. Each year over 1 million people learn to swim using content from Swim England's Learn to Swim programme.

This document aims to support teachers, swim schools and operators with children taking part in swimming lessons in returning to swimming facilities following the period of closure and provides guidance on reducing the risk of Covid-19 transmission within the swimming pool environment.

It will highlight the continued requirements for social distancing and enhanced hygiene regimes, along with guidance on how this will impact on the different experience the pool user will have. The guide will include details on booking your swim, what to do before leaving home, on arrival at the pool and in the water itself.

Other sections will provide guidance for pool operators and practical advice relating to the control of Covid-19 in swimming facilities and during various activities. Links to best practice and other industry standard guidance will be provided where appropriate.

As with all environments, there is still a level of risk of Covid-19 transmission in aquatic settings that requires control measures to be implemented, based on your Covid-19 Risk Assessment. Providers must create their own risk assessment per activity before implementing any of the activities listed below.

Anyone taking part in a swimming lesson should also familiarise themselves with the **Swim England Guidance for Users** before attending.

Swimming lessons

The following guidance relates to swimming lessons for all ages, including school swimming.

- Providers should have a dedicated officer responsible for Covid-19 considerations, making sure that they are up to date with central or local government recommendations. This person should be aware of the rules and guidance set out by the facility.

- When determining the capacity of classes, providers should consider the advice on children and assessing risk in the pool as set out in the **Swim England Guidance for Operators**.

- Teachers should deliver from poolside.

- Teachers should adhere to government guidance on social distancing.

- Providers should evaluate the number of personnel on poolside to maintain social distancing.

- Encourage only one parent/carer per child should be allowed to supervise their child during swimming lessons.

- Providers should review available pool space to allow for correct social distancing, including entry and exit points.

- Allow sufficient time between lessons for cleaning and to reduce the chance of clustering groups.

- All equipment should be sanitised before and after each activity. This can be achieved simply and effectively by rinsing equipment in the pool.

- Where possible participants should bring their own equipment.

- Equipment that cannot be sanitised in the pool should be appropriately cleaned between activities. This should include surfaces in high traffic areas such as handrails and towel hooks.

- Where possible teachers should remain in the same teaching station for the duration of their shift and aim to use the same equipment throughout.

Detailed guidance for swimming lesson guidance can be found below.

If you have any questions relating to the guidance please contact **swimminglessonguidance@swimming.org**.

Guidance for operators on running swimming lessons

Provided within this section is further detail on how to implement the guiding principles for the delivery of swimming lessons, as outlined in the guidance for operators. This includes practical ideas and additional considerations for the implementation of the guidance, along with links to supporting resources and examples of best practice.

Guidance	Explanation and practical considerations	Training and resources
Allocate a designated officer for the management of swimming lessons post Covid-19.	**Explanation** Providers should have a dedicated officer(s) responsible for Covid-19 considerations, making sure they are up to date with central or local government recommendations this person should be aware of the rules and guidance set out by the facility. This will give a consistent approach across your swimming lesson programme. **Considerations** Providers should evaluate the number of personnel on poolside to give effect to social distancing. Designated officer should be aware of government, Swim England and other relevant guidance that will impact the operational procedures. Individuals may require additional support to fulfil this function. Designated officer(s) to consider alternative ways of briefing and debriefing teaching staff such as; • team meetings • one to ones • appraisals. This can be achieved through conference calling systems and team manager software.	**Aquatic networks – Regional networks** For Learn To Swim Leads to collaborate and share best practice. Contact Learn to Swim team to find your nearest network **learntoswim@swimming.org**. **Learn to Swim Webinars** – Current and past webinars to support this individual.

Guidance	Explanation and practical considerations	Training and resources
Prior to a lesson have a check list to ensure the workforce is ready to deliver and adapt to changes in a Covid-19 environment.	**Explanation** Learn to Swim providers to consider implementing a checklist of actions their workforce need to complete to ensure they are Covid-19 compliant and ready to deliver. **Considerations** Provide Swimming Teachers updated Pool Safety Operating Procedures (PSOP) which should include Risk assessments, Normal Operating Procedures (NOP) and Emergency Action Plans (EAP). Swimming teachers should familiarise themselves with relevant guidance including Swim England's returning to the pool. Read and apply where applicable RLSS UK guidance for swimming teachers providing safety cover for swimming lessons. Teachers should be provided with access to online training available through Institute of Swimming on the delivery of lessons post Covid-19. Implement procedures for swimming teachers starting their shift, for example; • collecting registers • setting up equipment • entering and exiting the building • hand washing.	**Checklist of considerations document for providers to use** Found on the **supporting document page.** **Pool layout how to guide** Found on the **supporting document page.** **Learn to Swim Coffee Chat** are opportunities for teachers to speak to others and share best practice. **Aquatic networks – Regional networks** For Learn To Swim Leads to collaborate and share best practice. Contact Learn to Swim team to find your nearest network **learntoswim@swimming.org**. Link to **RLSS UK Guidance Post Covid-19**. **Pooling Resources** is our monthly newsletter dedicated to everyone involved in the delivery of swimming and aquatic sports. **Learn to Swim Webinar** – Hosted by the Institute of Swimming specific to teaching from poolside found at **Institute of Swimming online training**.

Guidance	Explanation and practical considerations	Training and resources
When delivering swimming lessons teachers and assistant teachers should deliver from the poolside.	**Explanation** Teachers should adhere to government guidance on social distancing. The delivery approach by teaching staff should be from poolside to support current social distancing guidance. Teaching from poolside will mean adaptations will need to be made to ensure effective delivery. **Considerations** Complete a new risk assessment for any Covid-19 changes to delivery of swimming lessons. Swim England recommend all teachers are to deliver from poolside where possible in line with current social distancing guidance. However, if there is a specific need for a teacher to deliver from within the water, it is both the teacher's personal and operator's professional responsibility to thoroughly risk assess this and ensure that correct safety measures are followed. Read and apply, where applicable, RLSS UK guidance for swimming teachers providing safety cover for swimming lessons. Use of assistant teachers; assistant teachers to also support from the poolside. Ensure positioning is opposite to the level 2 teacher and to reinforce the class management of social distancing. Assistant teacher can support with delivery of demonstrations, activities, class organisations and communication to ensure the lessons run efficiently.	**Pool layout how to guide** Found on the **supporting document page.** **Swim England Expected** Standard Videos and Stroke documents. **Learn to Swim Webinar – Hosted by the Institute of Swimming – Effective Communication.** **Example of temporary lesson structure for providers to use** Found on the **supporting document page.** **Learn to Swim Webinar** – Hosted by the Institute of Swimming specific to teaching from poolside found at **Institute of Swimming online training**. Link to **RLSS UK Covid-19 Guidance**. To effectively deliver from poolside please see the following resources to support; • Institute of Swimming Webinars. • Use of expected standards videos. • Example temporary lesson structure. • Learn to Swim Activity Pack. Learn to Swim Activity game pack and Learn to Swim Awards available through **Swim England shop**. **My Learn to Swim App.**

When delivering swimming lessons teachers and assistant teachers should deliver from the poolside. *(continued)*	Where possible teachers should remain in the same teaching station for the duration of their shift and aim to use the same equipment throughout to reduce the likelihood of cross contamination. To be able to choose the most effective method(s) of communication when teaching from poolside will depend on the following factors; • the size of the pool or area of the pool being used • the size of the group • the ability of the group • the type of activities being performed • the best position for you to be able to oversee and supervise the whole group. • the best position so that all the participants can hear and see you. Consider how your teachers can continue to motivate and praise the learners without physical contact, for example; • visual resources • non-verbal cues; air high fives, ok's and thumbs up • My Learn to Swim App • Learn to Swim Awards • diagrams for learners.	

When delivering swimming lessons teachers and assistant teachers should deliver from the poolside. *(continued)*	When adapting to teaching in deep water a risk assessment should be completed alongside the following. Considerations: • Delivery of all stages in alternative depths to the usual delivery areas. • Equipment needed due to increased depth range. • Confidence and safety introduction to changing depth of lesson station. • The support of a parent in the water. This could be suitable as moral support and encouragement. • Educate parents in the safe delivery methods being applied by the swimming teacher team for deep water lessons.	
Guidance	Explanation and practical considerations	Training and resources
When delivering swimming lessons teachers should adhere to government guidance on social distancing.	**Explanation** Where possible teachers should remain in the same teaching station for the duration of their shift and aim to use the same equipment throughout to reduce the likelihood of cross contamination. **Considerations** Teachers should be aware of the number of personnel on poolside to give effect to social distancing. Consider the overall pool layout and where practical, each swimming teacher to deliver from alternate sides of the pool. Avoid overlap of patrolling on poolside whilst delivering.	**Government guidance on social distancing**. **Pool layout examples** - see page 25. **Pool layout how to guide** Found on the **supporting document page.**

When delivering swimming lessons teachers should adhere to government guidance on social distancing. *(continued)*	Where appropriate, consider splitting your staffing team into specific staffing rotas so that wherever possible, teaching staff are always working with the same person/people. This will help safeguard the delivery team. Consider having a consistent way of moving around poolside to reduce staff cross-overs and promote social distancing practice, for example learners and teacher to all move in a clockwise route. Please refer to the example pool layout provided. Provide hand cleaning stations and additional waste bins on poolside for tissues.	
Guidance	Explanation and practical considerations	Training and resources
Allow sufficient time between lessons for cleaning and to reduce the chance of clustering groups.	**Explanation** Ensure you allow sufficient time for a new appropriate cleaning schedule and to allow time for groups to disperse. Refer back to the **Swim England Guidance for Operators** for further details. **Considerations** Encourage only one parent/guardian per child should be allowed to supervise their child during swimming lessons. Allow time in between activities for cleaning and changeover of participants. To avoid clustering ensure different entry and exit points of your pool for all swimmers where possible. Teachers should prioritise delivering the climb out over the side exit rather than using the steps where possible. This will reduce the amount of contact to equipment. Share pool user guidance with advice for participants on what to bring and time frame for when to arrive.	**Regional network meeting** hosted by Swim England Learn to Swim Team. **Learn to Swim Webinar** – Hosted by the Institute of Swimming specific to teaching from poolside found at **Institute of Swimming online training**.

| Allow sufficient time between lessons for cleaning and to reduce the chance of clustering groups. *(continued)* | Prepare guidance/interactive video on the customer journey to and through the changing rooms on to poolside, so participants know what to expect.

Review pool programme to avoid multiple user groups entering the facility at the same time if possible.

Consider alternative weeks for swimming lessons to give all swimmers the opportunity to learn due to reduced capacities.

Consider alternative delivery times throughout the day during summer months and summer holidays before schools return to full time such week long intensive courses or one to one lessons. | |
|---|---|---|
| Guidance | Explanation and practical considerations | Training and resources |
| All equipment should be sanitised before and after each activity. | **Explanation**

Ensure equipment usage is controlled within a lesson environment and ensure each teacher is responsible for their lesson equipment and cleaning procedure.

Considerations

Ensure you have an adequate cleaning rota in place for all lesson equipment. Before, during and after is suggested.

Equipment should be cleaned in-between use. Submerging equipment in adequately disinfected swimming pool water will reduce the risk of transmission of enveloped viruses.

Equipment that cannot be sanitised in the pool should be appropriately cleaned between activities. This should include surfaces in high traffic areas such as handrails and towel hooks. | **Learn to Swim Webinar** – Hosted by the Institute of Swimming specific to teaching from poolside found at **Institute of Swimming online training**.

Videos top tips for parents Found on the **supporting document page**.

Pool layout examples - see page 25. |

All equipment should be sanitised before and after each activity. *(continued)*	Allocate one set of equipment per teacher for the entire shift. Teachers can use a box or kit bag to keep the same equipment together and ready to be cleaned after each lesson and at the end of the full shift before being stored. See pool layouts for a practical example. Consider encouraging swimmers to bring their own equipment, this could be a small kickboard they can bring to lessons for their personal use. Each swimming teacher to have access to a bucket or scoop to rinse teacher area as appropriate. Don't allow learners to share equipment, you could number each float and allocate a float per learner at the start of the lesson. Consider numbering or colour coding the equipment. Stop the loaning of goggles, hats and equipment. Consider selling basic equipment to learners where appropriate to bring to their lesson. Where appropriate have two sets of equipment per station to allow for rotation and disinfectant of the equipment in a timely manner. Consider games that require equipment and how these could be adapted to reduce the contact and overlap of equipment usage. Example, allocate one ball per learner to use and collect. Encourage site specific guidance for swimmers to understand appropriate equipment that they can bring to lessons to reduce contact and cleaning times.	

Guidance	Explanation and practical considerations	Training and resources
Re-educate both swimmers and parents of the importance of pool safety in a Covid-19 environment. This will also include water safety information.	**Explanation** Children returning to the pool for the first time after a prolonged period of time will need to recap the areas of water safety as a priority area of delivery. This should include both swimming pool safety rules and water safety information. **Considerations** Swimmers have been out of the water for a significant amount of time, it is crucial to include pool safety rules and water safety messaging in your first lesson back. Please refer to Swim England's example of temporary lesson structure plan. Reassess swimmers ability against relevant outcomes to establish their current level of performance and where you need to prioritise your lesson. Ensure that you are up to date with the latest water safety messaging and embed these as part of your lessons. Consider how you will educate and inform your swimmers parents/guardians that teachers maybe delivering differently. For example; • social media • customer emails • posters • parents Q&A. Consider implementing the new water safety awards.	**Learn to Swim Webinars** – Current and past webinars to support this individual. **Example of temporary lesson structure for providers to use** Found on the **supporting document page.** **Water Safety Awards**.

Guidance	Explanation and practical considerations	Training and resources
Pool layout and organisational methods will need to be amended to support the delivery of swimming lesson and adherence to social distancing guidelines.	**Explanations** Using the guidance set out in the "risk assessing social distancing in the water" section of the **Swim England Guidance for Operators**, any programmed session in the pool for children of this age group should attempt to maintain social distancing in line with government advice and risk assess on age and ability. Swimming lessons should be supervised and where possible staff should continue to follow social distancing principles. You need to revise your pool layout and pool set up requirements. **Considerations** Review and risk assess maximum bather loads and teacher to swimmer ratios. Implement teaching positions that follow suitable government guidance on social distancing. For example: teachers should be delivering from opposite sides of the pool. There are a variety of methods you may use to organise your swimming lessons, which will be determined by different factors: • The needs and ability of your participants. • The teaching method you are using. • The pool space you have available. • Safety considerations.	**Learn to Swim Webinar** – Hosted by the Institute of Swimming specific to teaching from poolside found at **Institute of Swimming online training**. **Videos top tips for parents** Found on the **supporting document page***.* **Pool layout examples** - see page 25. **Pool layout how to guide** Found on the **supporting document page***.*

Pool layout and organisational methods will need to be amended to support the delivery of swimming lesson and adherence to social distancing guidelines. *(continued)*	Swimmers are to remain in their allocated swimming lesson for example: • Use zone markers for each swimming station to show a clear entry and exit point. • Do not change teaching areas. • Do not allow swimmers to move across to another class at any time. • Consider if you can merge lesson stages and suggest children from the same household to swim in the same group where ability is appropriate.	
Guidance	Explanation and practical considerations	Training and resources
Parent and child (in water support). Applicable for any stage that requires additional support through lessons during Covid-19.	**Explanation** A parent/guardian may be beneficial to support a swimmer in the water through the duration of their lesson. This would be under the guidance and delivery of a Level 2 Swimming Teacher and where pool space allows. **Considerations** Ratios and risk assessments must be reviewed. Larger pool spacing could be provided to support government guidance for social distancing. Consider using a Level 1 Teaching Assistant to support the Level 2 Teacher. Consider encouraging swimmers to bring their own equipment, for their personal use.	**Learn to Swim Webinar** – Hosted by the Institute of Swimming specific to teaching from poolside found at **Institute of Swimming online training**. **Videos top tips for parents** Found on the **supporting document page***.* **Pool layout examples** - see page 25.

Parent and child (in water support). Applicable for any stage that requires additional support through lessons post Covid-19. *(continued)*	Safeguarding: Allowing parents to come into the water does not require them to have a DBS, however Swim England recommends all parents follow the instruction of the qualified Level 2 Swimming Teachers. Parents should only have responsibility for their own child and should maintain an appropriate social distance between themselves and other swimmers and parents.	
Guidance	Explanation and practical considerations	Training and resources
Adaptations will need to be made for both adult and child and pre-school lessons.	**Explanation** Adaptations for adult and child and pre-school swimming lessons may need to be applied due to the nature of delivery dependent on site specific set up. Using the guidance set out in the "risk assessing social distancing in the water" section of the **Swim England Guidance for Operators**, any programmed session in the pool for children of this age group should attempt to maintain social distancing in line with government advice and risk assess on age and ability. Swimming lessons should be supervised and where possible staff should continue to follow social distancing principles. You need to revise your pool layout and pool set up requirements. **Considerations** Review and risk assess maximum bather loads and teacher to swimmer ratios. When using a lying entry and exit for lessons, clean the mat between each swimmer. Please refer back to the **operator guidance** for correct cleaning guidance. Consider reducing the use of equipment with babies and toddlers. This will encourage the reduction of cross contamination of equipment being put in their mouths.	**Learn to Swim Webinar** – Hosted by the Institute of Swimming specific to teaching from poolside found at **Institute of Swimming online training**. **Videos top tips for parents** Found on the **supporting document page***.* **Pool layout examples** - see page 25.

Adaptations will need to be made for both adult and child and pre-school lessons. *(continued)*	For example; • encourage parents/guardians to bring a suitable sensory bath toy to use throughout lesson activities for personal use. If normal practice for Ducklings is to have the child without parental support consider introducing this as a temporary measure. Safeguarding: Allowing parents to come into the water does not require them to have a DBS, however Swim England recommends all parents follow the instruction of the qualified Level 2 Swimming Teachers. Parents should only have the responsibility for their own child and maintain social distancing from other swimmers and parents. Consider the pool depth, whether these lessons can be delivered in standing or a deeper area of the pool.	
Guidance	Explanation and practical considerations	Training and resources
Spectator areas will need to be reviewed and reconfigured to ensure social distancing is adhered to.	**Explanation** Depending on the size of the spectator area, access to the area will need to be reviewed. This means reducing the previous maximum capacity to observe lessons. **Considerations** Encourage only one parent/guardian to escort the swimmer if required to all activities. Parents encouraged to only turn up for their lesson time. Clear communication of the social distancing measures you put in place with parents/guardians. Display temporary signage and use directional arrows to demonstrate the changes to parents/guardians.	**Facility resources**.

| Spectator areas will need to be reviewed and reconfigured to ensure social distancing is adhered to. *(continued)* | Consider closing spectator areas.

Where maintaining social distancing in the spectator areas is problematic, consider alternative ways to manage the viewing of lessons. For example:

• Consider alternative ways of observing lessons, example via TV screens in larger areas where available.

• Consider priority viewing for lower stages or SEND

• Consider a rota system on a week by week basis.

• Consider an alert system for those parents who may have to wait outside of the facility.

Consider your site specific admissions policy regarding parents/guardians required to stay within the facility. | |

Guidance	Explanation and practical considerations	Training and resources
Implement a phased return to swimming lessons.	**Explanation** As swimming pools begin to reopen you may consider your lessons restarting with a phased return. This will allow for a safe return to the water **Considerations** Review and risk assess all teaching stations on poolside during swimming lessons. See below information and examples on pool layouts. Consider how you can utilise vacant pool time for your lessons. For example: • Off peak time slots. • Replacement of sessions that cannot run.	**Pool layout how to guide** Found on the **supporting document page**.

Implement a phased return to swimming lessons. *(continued)*	• External pool hire slots that haven't returned. Consider merging two stages of a similar ability to overcome low attendance numbers. Ensure that a risk assessment and appropriate measures are taken. Consider the phased return to lessons, starting with the higher ability swimmers who wouldn't require the same amount of support. For example: • Your swimmers may return on a bi-weekly basis and over time move back to a weekly basis. Other ideas include: • family swimming lessons.	
Guidance	Explanation and practical considerations	Training and resources
Make suitable adjustments for swimmers with Special Educational Needs and/or a disability or health condition in a Covid-19 compliant environment.	**Explanation** Swimmers with Special Educational Needs and/or a disability may require further adjustments to lesson provision or health condition when returning to the pool Covid-19. Use the guidance above and the considerations below to make any reasonable adjustments to lesson delivery. **Considerations** Ratios and risk assessments must be reviewed. In water support provided by a parent/guardian/carer where applicable. Providers should be conscious of ensuring enough pool space is available so that appropriate social distancing is maintained. Bookable time slots for swimmers and parents to visit the pool ahead of lessons restarting.	**Swim England Inclusion Hub**. **Activity Alliance**. **My Learn to Swim App**. **Learn to Swim Webinar Recordings**. Visual Resource Cards available on **Swimpix**.

Make suitable adjustments for swimmers with Special Educational Needs and/or a disability or health condition in a Covid-19 compliant environment. *(continued)*	For example: • Allow for a supervised walk through of any procedure changes in regards to access to changing rooms and poolside. • Consider a virtual walk through of your centre as an alternative option. Consider using a Level 1 Teaching Assistant to support the Level 2 Swimming Teacher. Consider how your teachers can continue to motivate, communicate and praise the swimmers without physical contact, for example; • Swimpix. • Visual cards. • Non-verbal cues; air high fives, OK's and thumbs up.	
Guidance	Explanation and practical considerations	Training and resources
Make suitable adaptations to swimming lessons delivering the aquatic disciplines. **RLSS Rookie**.	**Explanation** Using the guidance above and the considerations below make any reasonable adjustments to the lesson delivery for the four aquatic disciplines; Competitive Swimming, Artistic Swimming, Water Polo and Diving across stages 8, 9 and 10 of the Learn to Swim Programme. **Considerations** Ratios and risk assessments must be reviewed. Read and understand how the club guidance relates to the delivery of Stages 8, 9 and 10 across the four disciplines. Use the pool layout example for setting up the pool delivery of lanes.	**Example of temporary lesson structure for providers to use** Found on the **supporting document page**. **Pool layout examples** - see page 25. **Pool layout how to guide** Found on the **supporting document page**. **Swim England's Return to Pool Club Guidance** Found on the **supporting document page**.

Guidance	Explanation and practical considerations	Training and resources
Make suitable adaptations to one to one swimming lesson delivery.	**Explanation** Using the guidance above and the considerations below make any reasonable adjustments to the lesson delivery for any swimmers attending one to one lessons. **Considerations** Ratios and risk assessments must be reviewed. Consider how this could be implemented alongside the phased return approach. Please see above. Consider your delivery method to adhere to government guidance for social distancing. Refer to earlier section of this guidance 'When delivering swimming lessons, teachers and assistant teachers should deliver from the poolside.'	**Pool layout examples** - see page 25. **Learn to Swim Webinar** – Hosted by the Institute of Swimming specific to teaching from poolside found at **Institute of Swimming online training**.
Guidance	Explanation and practical considerations	Training and resources
Adaptations to adult swimming lesson delivery.	**Explanation** Adaptations to adult lessons may be required across the framework. Using the guidance above and the considerations below make any reasonable adjustments to the lesson delivery for any adult swimmers and additional needs they may have. **Considerations** Review ratios and risk assessment for any changes to pool spaces. For more advanced swimmers refer to the pool layout example for a lane set up.	**Learn to Swim Webinars** – Current and past webinars to support this individual. Adult Learn to Swim Consultation Forms can be found within the **Swimming Teacher Resources**. **Pool layout how to guide** Found on the **supporting document page.**

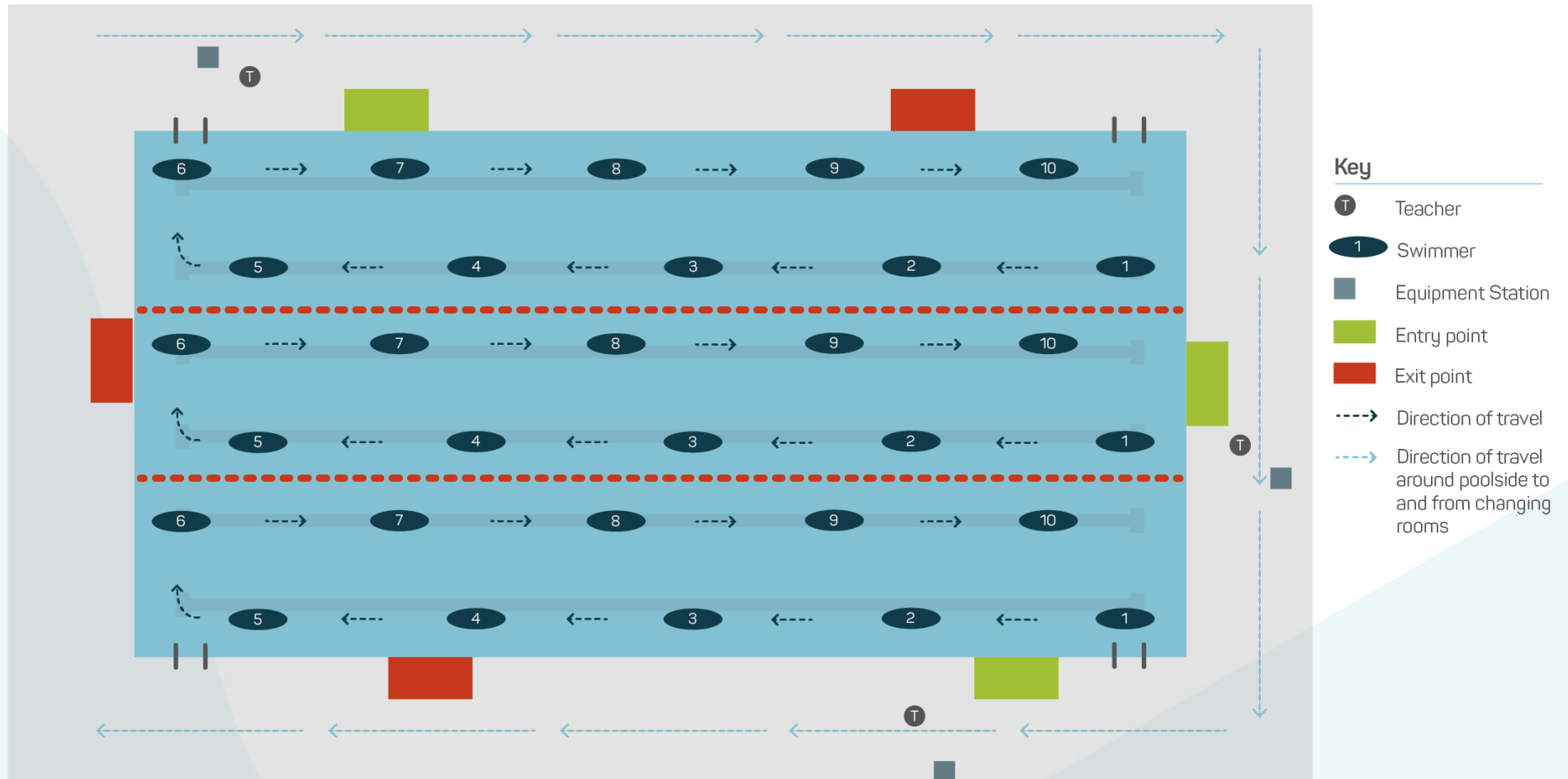|		
Adaptations to adult swimming lesson delivery. *(continued)*	For master swimmers refer to the club guidance. Consider the opportunity to open more adult lessons to a wider customer base as a bookable session. Consider own equipment being purchased and brought along to lessons. For nervous adult swimmers or those who may require manual support consider allowing them to bring an appropriate family member or a friend to support in the water.	

School swimming lesson guidance

This sections specifically expands on the guidance and gives practical guidance directly to school swimming. However, please refer to learn to swim guidance.

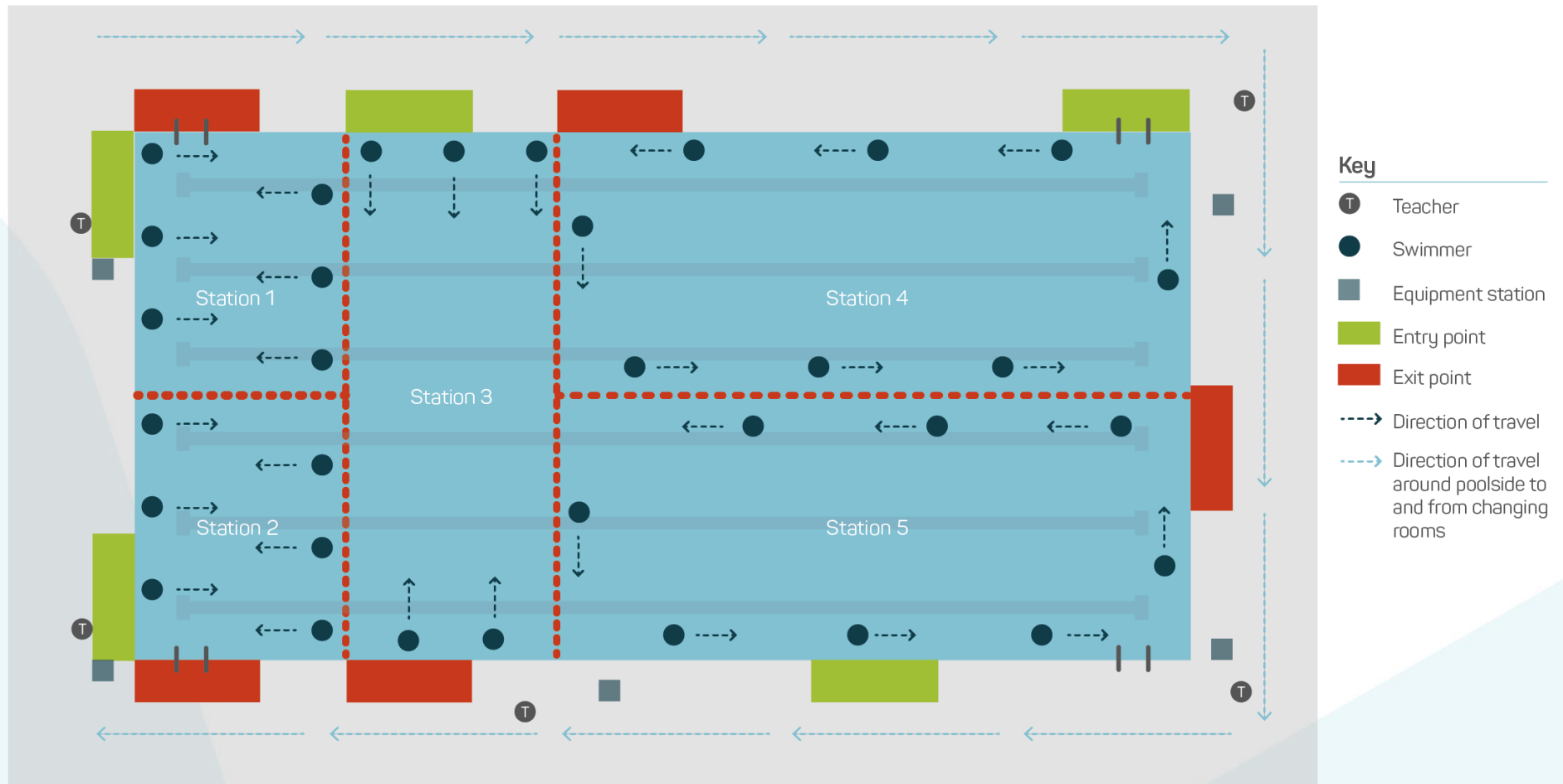| Guidance	Explanation and practical considerations	Training and resources
Make suitable adaptations to the delivery of School swimming lessons.	**Explanation** Using the guidance above if you own your own school pool venue or use the guidance above and considerations below if you hire pool time from an external pool operator. Using the guidance set out in the "risk assessing social distancing in the water" section of the **Swim England Guidance for Operators**, any programmed session in the pool for children of this age group should attempt to maintain social distancing in line with government advice and risk assess on age and ability. Swimming lessons should be supervised and where possible staff should continue to follow social distancing principles. You need to revise your pool layout and pool set up requirements. Schools should, therefore, work through the hierarchy of controls to reduce the risk of transmission – crucially minimising contact and mixing by keeping children and staff in small consistent groups and keeping groups away from each other. **Considerations** Review ratios and risk assessment for any changes to pool spaces.	**School Swimming and Water Safety Charter**.

Make suitable adaptations to the delivery of School swimming lessons. *(continued)*	Operators should work in partnership with the schools to outline an agreement and suitable approach for the delivery of school swimming lessons.	
	If you are a school delivering lessons from a school pool please read and apply the applicable operator guidance from above.	
	For those not achieving National Curriculum standards consider:	
	• Top up swimming lessons.	
	• Integrate school swimmers into Learn to Swim Programme.	

Pool layouts

One:

Key

T	Teacher
1	Swimmer
■	Equipment Station
■	Entry point
■	Exit point
---->	Direction of travel
---->	Direction of travel around poolside to and from changing rooms

Two:

Key

T	Teacher
●	Swimmer
■	Equipment station
🟩	Entry point
🟥	Exit point
--->	Direction of travel
--->	Direction of travel around poolside to and from changing rooms

Three:

Key

- (T) Teacher
- ● Swimmer
- ■ Equipment station
- ▇ Entry point
- ▇ Exit point
- ----> Direction of travel
- ----> Direction of travel around poolside to and from changing rooms

Station 1

Station 2

Station 3
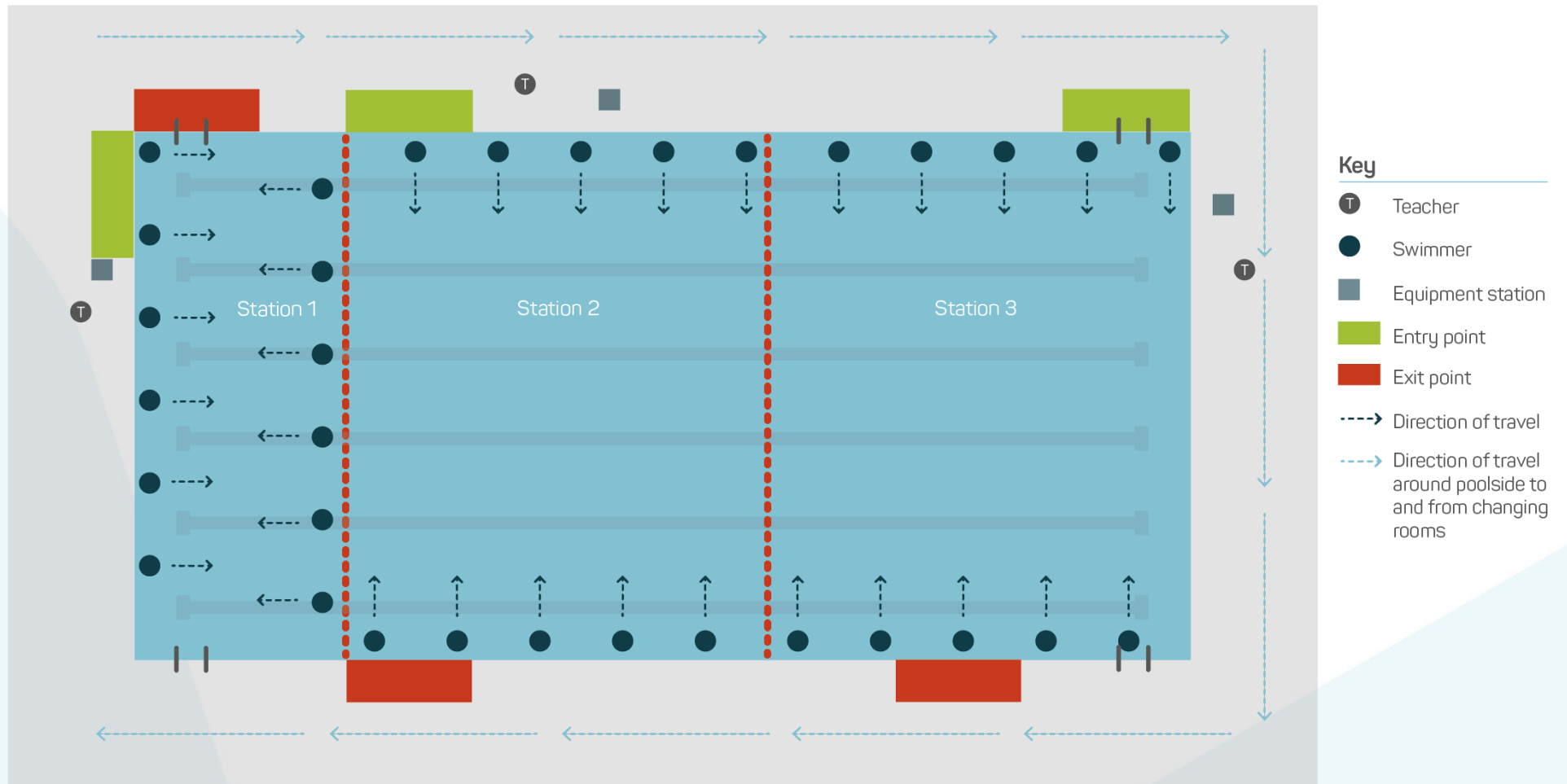
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