

Covid-19 Information Sheet for Swimming Lessons at Bromley High School

Bromley High School is in Blackbrook Lane (BR1 2TW) & you should enter through the main school gates. At the roundabout follow the road to the left which will take you up the side of the school where there is ample parking and the swimming pool is approximately 70 metres up on the right hand side.

Health

Symptoms of COVID-19 can range from mild illness to pneumonia. Some people recover easily and others may get sick very quickly. Most people with coronavirus have at least 1 of these symptoms –

A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

A loss or change to your sense of smell or taste – this means you have noticed you cannot smell or taste anything, or things smell or taste different to normal

If parents / guardians or swimmers or a member of the household have a cold, fever, anosmia or any signs or symptoms of COVID-19 they are not to enter the swimming facility or attend swimming lessons. They should self-isolate for two weeks and therefore are not permitted to attend swimming lessons for two weeks. Unless you have had the test and /or been all the all clear from your GP/NHS

A member of staff will be asking you on your arrival if you are healthy and feeling well

New procedures linked to Covid-19 for Autumn term 2020

To minimise the amount of people on site swimmers must be brought to lessons by **one** adult – non swimming siblings or additional family members are not permitted in the pool building.

Adults will need to bring their own hand sanitiser and hands will need to be cleaned before entering the building. Doors will be propped open to minimise touch points and masks must be worn inside the pool building and whilst queuing outside.

Swimmers should arrive pool ready with swimwear on underneath a onesie, tracksuit or towelling robe and wearing flip flops or crocs. They should also be already wearing their swimming hat and goggles as staff will not be able to assist with the putting on or adjusting of these.

Parents need to arrive on the school site no more than 10 minutes before the lesson is due to start and wait outside the door to the spectator area. Masks must be worn by parents and social distancing maintained whilst waiting.

Swimmers will enter the pool through the spectator space bringing with them a 'bag for life' containing their towel in which to put their onesie and flip flops once poolside. The bag needs to be waterproof as it will be left on poolside and it must contain a large piece of paper with their name and the mobile contact number of the adult who is with them.

Class areas will be shown by a coloured bucket and swimmers will be directed to their area to wait for the lesson to start - this is where their bags will be left.

Toilet Facilities

Encourage the children to use the toilet before you leave home as the ones at the pool are only to be used in an emergency. If your child needs the toilet during the lessons a member of staff will escort them to the poolside toilet, (they will be expected to manage independently) wait outside and then escort them back to their class. If your child cannot manage independently you will be called by a member of staff and given instructions how to come and assist them.

Changing Areas

Swimmers will collect their bags at the end of the lesson and walk to the changing rooms. Each changing room is marked into areas for social distancing, 8 in the boys and 8 in the girls. Ideally older swimmers aged 8 and over would be encouraged to change quickly independently to minimise adults in the changing rooms.

For younger children who need help dressing, 5 minutes before the lesson ends, their adult must walk round to the entrance by the changing rooms. They need to wear a mask and remove their outdoor shoes and walk through the changing rooms to the back corridor. There they will meet their child and then return to the changing rooms going to the furthest space to dry quickly.

Please note the showers will not be in use this term and everyone needs to dry quickly and exit the premises as soon as possible.

Changing rooms will be cleaned with the recommended disinfectant after each lesson.

Spectator Area

Following a decision by Bromley High School there is no facility for parents to remain in the pool building whilst lessons are taking place this term. This includes the lobby area by the changing rooms and spectator area.

After dropping swimmers at the spectator area entrance parents can either wait in their car or on the playground outside the rear entrance door we used previously. Social distancing must be observed. If you are needed during the lesson you will be contacted on the mobile number in your child's bag.

If you wish to speak to a member of poolside staff please use the window by the spectator entrance door.

Collection of Children

Parents of children who are changing independently must collect their children from a member of staff at the rear entrance door as children cannot leave the building unaccompanied for their own safety.