

# Swim Lesson

## Protocols & Guidelines

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The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these protocols, all of which facilitate a safe and measured reopening of Texas. The virus that causes COVID-19 is still circulating in our communities, and we should continue to observe practices that protect everyone, including those who are most vulnerable.

Due to the ongoing health situation regarding COVID-19 we ask for the following protocols be followed to ensure the safety of all participants, visitors, instructors and staff. Please read over the following guidelines.

1. Parents should monitor their health and the health of their children; anyone showing symptoms of COVID-19 or may have been in contact with someone who has tested positive for COVID-19 should stay home and consult with a health care provider. If you or someone in your immediate household has tested positive for COVID-19 we ask that you do not attend class or come to the facility for at least 14 days.
2. Please do not arrive more than 5 minutes prior to the class start time.
3. All participants are required to use hand sanitizer at station inside front door upon arrival.
4. For Private Class, only one parent/guardian per participant may enter the pool deck and stay for the duration of the class. No siblings are allowed to stay during class time.
5. For Swim Team Style Class, one parent/guardian may escort swimmer into the building and up to the final glass door leading to the pool deck. Parent/guardian should immediately exit the building to wait outside.
6. Swimmers should arrive dressed, ready to swim. All guests should avoid congregating in the Locker Room.
7. Masks must be worn in the facility by anyone 2 years of age or older. Masks can be taken off by the swimmer at their assigned pool station. Any person staying in the building for the duration of the class will need to wear a mask at all times.
8. All instructors are required to wear a mask/face shield, unless demonstrating a swim stroke or coaching from the deck at a distance greater than 6 feet from nearest swim lane.
9. Private Class sizes will be limited to one participant (with one instructor). Swim Team Style class sizes will be limited to one participant per lane section, maximum of four individuals per lane.
10. Equipment used in Private Class is sanitized between each use. Participants in Swim Team Style classes should bring personal equipment in a net bag. Contact facility for equipment list.
11. All guests should leave the facility in a timely manner so that equipment and seating stations can be cleaned for the next session.

12. Swimmers should depart dressed to swim. All guests should avoid congregating in the Locker Room.
13. All participants should use hand sanitizer at station inside front door before departure, and wash hands thoroughly upon arrival at home.
14. Safety precautions may be updated daily.