



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Standard Operating Procedures SWIM LESSONS

The protocols outlined below have been designed to create the safest environment during COVID-19 and are based on CDC and New Jersey State Guidelines. The outlined protocols are subject to change, modifications or may be suspended as deemed necessary given the ongoing development of the Pandemic. All swimmers and families must agree to and sign off on the waiver before participating in Private Swim Lessons.

Operating Procedures:

- **Swim lessons are taught by a staff member who is trained by YMCA's Learn To Swim Program.**
- **Due to CDC guidelines, until further notice all lessons will be taught by the instructor from the deck or will be wearing a mask and/or shield when in water. To protect your child, we ask that, if possible, for the parent or guardian to assist child in the water to help with social distancing. All swim starter classes will only be allowed one guardian per child in the water.**
- **Other than Swim Starter classes, all parents must wait outside the pool area and maintain social distancing in the lobby.**
- **Personal equipment will not be provide to the swimmer (goggles, cap, etc.). All equipment such as kick boards and barbells will be sanitized in between classes.**
- **Refunds will not be given for cancellations unless there is a valid medical reason and a doctor's note presented. You have one year to complete a package.**
- **If the Y needs to cancel; every effort will be made to reschedule lesson.**
- **Please make every effort to contact your swim instructor at least eight (8) hours prior to the session if you need to cancel. If you do not cancel and do not show up for lesson, the swim instructor will count that as a used lesson.**
- **Swimmers must be registered before each session in order to participate.**
- **All swimmers and families must read and review all procedures before first lesson.**
- **Due to new protocols, swimmers must arrive 10 minutes before their lesson to allow for check-in.**
- **Swimmers are to wear face masks when entering and exiting the facility (face masks can be removed when entering the pool.)**
- **Swimmer entering the building will have their temperature checked and will need to check in at the Front Desk before they are allowed entry to pool area.**
- **Swimmers must arrive in a swim suit – we have designated changing rooms for after lessons only.**
- **Please have children use the restroom prior to arriving so they don't take away time from the lesson.**
- **Swimmers will be assigned an area by their swim instructor in which to place their bag/equipment and will be given a lane assignment.**
- **Swimmers must bring their own filled water bottle, goggles and swim cap (mandatory for chin length hair and longer).**
- **If a child needs to use the restroom, they will need to put their face mask back on and have on foot coverings (sandal, flip-flops). Bathrooms are cleaned after each use by staff.**
- **Parents should be prepared to pick up their child at the end of the swim lesson.**
- **One parent will be allowed to be in the water for Swim Starter lessons to assist their child or help them with bathroom/changing. All other parents/spectators will not be allowed in the Aquatic area.**
- **Due to ongoing nature of COVID- 19, there is a separate process for COVID- 19 related issues. Please read the Standard Operating Procedures.**



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Standard Operating Procedures (Continued) CDC Specific Rules

- Participants must not have had close contact with anyone who has tested positive for COVID-19 or experienced symptoms of COVID-19 in the last 14 days.
- Participants cannot have had a temperature of over 100.4 degrees, a cough or difficulty breathing in the last 14 days.
- Any swimmers or staff member experiencing any symptoms of a fever, cough, unusual fatigue or COVID-19 symptoms or who has had any exposure to someone who has any symptoms should remain at home and seek medical treatment.
- If any swimmer or staff member has a fever or symptoms of illness, they may not attend practice until 10 days after symptoms have ended. Swimmers and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
- Positive test procedure: the individual or family will immediately notify representative Alexis Brown at alexis.brown@ymcaofmewsa.org. The New Jersey Department of Health will be contacted (contact tracers) and appropriate protocol adhered to. Other swimmers and their families will be made aware that a swimmer and or swimmer's household member has tested positive, but the swimmer's name and/or the name of their family member will not be disclosed.
- If you need to miss a practice due to COVID-19 symptoms or COVID-19, you will be issued a refund or have an extension placed on lessons. A valid doctor's note must be presented to the Aquatic Director.
- If an instructor has to cancel a swimming lesson, you will be notified. The Y will make every effort to re-schedule you with a new instructor or will extend your lesson expiration date.

Please sign and date to show that you have read the above guidelines. Please note at things change the protocols may change as well. We want to insure that everyone who enters the building is safe and protected at all times.

Print Name

Signature

Date
