

## 2020 GNBGC Fall Swim Lesson COVID Phase 2 Expectations

### What to Expect:

- When you arrive:
  - The pool side doors (on the left side of the building) will be used for entry and exit. The door closest to the pool (left) will be used for entry; the door that enters to the spectator area (right) will be used as the exit.
  - One person/family unit may be at the entrance being checked in. The next person should be on the sidewalk. Any others should remain at 6-ft intervals on the sidewalk. **For all participants age 5 and older, face coverings must be worn at all times (except when actually in the water).**
  - Prior to entering, all participants will have their temperatures taken, sign a waiver, and complete a verbal questionnaire regarding any symptoms, exposure, etc. Temperature needs to be 100.3 or below. If possible, please sign the attached waiver before coming to minimize prescreening time.  
<https://drive.google.com/file/d/1qimNGOjgERFjsuC20Yb4jmSmA0-zP1fR/view?usp=sharing>
  - Only participants (who have been screened) will be permitted in the building (no spectators). Please arrive 10 to 15 minutes early to allow time for the prescreening. Lesson start times are staggered to avoid a line at the entrance and to minimize gathering of people. Strict & prompt class start and end times are essential to maintain all required COVID-19 safety protocols.
  - Participants will be directed to put belongings at designated locations (at 6-foot distances), remove outer clothing, then hand sanitize (available at pool) or wash hands before entering the pool. **Please arrive in your swimsuits.**
  - Locker rooms will be available on a very limited basis: 6 swimmers at a time. We will be using toy duckies to track (if there are no duckies, there are already 6 people in the locker room and you will have to wait for someone to come out).
  - Locker rooms will be sanitized twice an hour: once at 20 minutes after the hour (5:20p, 6:20p, 7:20p) and a second time at 50 minutes past the hour (5:50p, 6:50p, 7:50p). The locker rooms will need to be clear of all patrons at this time for 5 to 10 minutes.
- Beginner Lesson format:
  - Class ratio is 3 children to 1 instructor.
  - Each class will run for approximately 29 minutes.
  - **Each child is required to have a family member (aged 13 or older) to get in the water (with the child)** for in-water support (i.e. hold the swimmer in the water for each skill to maintain social distancing between the instructor and child). This person does not need to know how to swim. The instructors will provide direction and instruction for each water skill (i.e. how best to hold the child for back floating, etc.).
  - 6-foot social distancing is required while in the water. Please make the effort to assist us with this.
- Intermediate Lesson format:
  - Class ratio is 3 children to 1 instructor.

- Each class will run for approximately 29 minutes.
- 6-foot social distancing will be maintained at all times. Instructor will be in the water (in the case emergency assistance is needed), but will instruct from a distance of 6 feet.
- Parent-Tot Lesson format:
  - Class ratio is 5 sets of parent and child.
  - Each class will run for approximately 29 minutes.
  - **Each child is required to have a family member (aged 13 or older) to get in the water (with the child)** for in-water support (i.e. hold the swimmer in the water for each skill to maintain social distancing between the instructor and child). This person does not need to know how to swim. The instructors will provide direction and instruction for each water skill (i.e. how best to hold the child for back floating, etc.).
  - 6-foot social distancing is required while in the water. Please make the effort to assist us with this.
- Adult Lesson format:
  - Class ratio is 3 students to 1 instructor.
  - Each class will run for approximately 29 minutes.
  - 6-foot social distancing will be maintained at all times. Instructor will be in the water (in the case emergency assistance is needed), but will instruct from a distance of 6 feet.
- When you are done:
  - Go to your where you put your belongings, get dried off, wash your hands and/or hand sanitize, and put your face covering back on. If you need to use the locker room to change, please be thoughtful of others and do so in a timely manner. Remember that we are limited to 6 people at a time in the locker room. If others are waiting, you may or may not have time to take a shower.
  - Use the side door exit (by the spectator seating) to exit.
- Other FAQ's:
  - There will be very limited flexibility in class times. Be sure to allow extra time for traffic and other unexpected delays.
  - Please do not come to class if you have any symptoms of Covid-19, or if you have been in direct, close contact (for 10 minutes or more) with someone who has been diagnosed with COVID-19.
  - Please be ready to pick up your child at the exit door promptly at the end of class.