

## 2021/2022 GNBGC Winter Swim Lesson COVID 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.
  - **Under Carney's rule, face coverings are currently required indoors.**
  - All families must maintain 3-foot distances while on the deck and in the locker rooms.
  - Prior to entering, all participants must sign a waiver. If possible, please sign the attached waiver before coming to minimize prescreening time.  
<https://drive.google.com/file/d/1qimNGOjgERFjsuC2OYb4jmSmA0-zP1fR/view?usp=sharing>
  - Only participants along with 1 spectator may enter the building.
  - Participants will be directed to put belongings at designated locations (at 3-foot distances), remove outer clothing, then hand sanitize (available at pool) or wash hands before entering the pool. **Participants are encouraged to arrive in swimsuits.**
  - Locker rooms will be available on a very limited basis. Please maintain social distancing, wear your face covering, and minimize time spent in the locker room to 10 minutes or less.  
Thank you!
- Beginner Lesson format:
  - Class ratio is 5 children to 1 instructor.
  - Each class will run for approximately 25 minutes.
- Intermediate Lesson format:
  - Class ratio is 5 children to 1 instructor.
  - Each class will run for approximately 25 minutes.
- Parent-Tot Lesson format:
  - Class ratio is 5 sets of parent and child.
  - Each class will run for approximately 25 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.).
- Adult Lesson format:
  - Class ratio is 5 students to 1 instructor.
  - Each class will run for approximately 25 minutes.
- When you are done:
  - Go to where you put your belongings, get dried off, and wash your hands and/or hand sanitize. If you need to use the locker room to change, please maintain social distancing, wear your face covering, and minimize time spent in the locker room to 10 minutes or less.  
Thank you!
  - 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 15 minutes or more) with someone who has been diagnosed with COVID-19.