



## **COMMUNITY RECREATION AQUATICS - PETAWAWA SWIMMING LESSON SESSION – FALL 2020**

### **PROGRAMS – GENERAL INFORMATION**

#### **Overview of Program Details:**

- All lessons (Preschool and Swim Kids levels) are 30 minutes in length. There is a 20-minute cleaning period in between lessons.
- Due to provincial guidelines, all swim lessons will observe physical distancing.
- All participants must arrive in their swimsuits.
- Participants will meet/wait for their instructors at their assigned meeting area on the pool deck (i.e. red section, orange section, green section, or blue section) while physically distancing at all times. The assigned meeting area is indicated on your roster/invoice. See view Appendix A.
- Participants can only enter into the water once your swim instructor permits you to.
- Participants must exit the pool deck immediately after their lesson.
- There will be a maximum of four lessons at any given time.
- The pool will be divided into zones, one lesson per zone at any given time.
- Any equipment used will be disinfected between uses.
- Swim instructors will be wearing a face covering while on the pool deck.
- Swim instructors will only enter the pool, for demonstration and will ask participants to exit the pool during the demonstration.

#### **Preschool & Swim Kids 1-4 Lessons (Low Ratio):**

- All Preschool and Swim Kids 1-4 lessons will be conducted as parented classes in order to ensure social distancing. Each participant in these programs will be accompanied by one parent/guardian (at least 16 years or older). The ratio for parent/guardian to participant is 1:1
- Only the parent/guardian can assist the participant with physical contact. Therefore, the parent/guardian must actively participate in the water and be within arms reach of their child at all times for the entirety of the lesson.

#### **Swim Kids 5-10+ Lessons (Low Ratio):**

- Before the lesson:
  - ❑ Each participant is to be accompanied by one parent/guardian to the lobby of Dundonald Hall to show the child's screening result and sign-in. After the child has passed the admission screening, the parent leaves the building immediately. A staff member will be there to help direct the child.



- After the lesson:
  - ❑ At the end of the lesson time, the parent/guardian will sign the sign-out form that is at the admission table and wait for their child outside of the facility.

#### Private Lessons – Preschool & Swim Kids 1-4:

- All Private lessons where the child is working on Preschool or Swim Kids 1-4 skills and/or requires assistance, will be conducted as a parented class in order to ensure social distancing. The participant will be accompanied by one parent/guardian (at least 16 years or older). The ratio for parent/guardian to participant is 1:1
- Only the parent/guardian can assist the participant with physical contact. Therefore, a parent/ guardian (at least 16 years of age) must actively participate in the water and be within arms reach of their child at all times for the entirety of the private lesson.

#### Private Lessons – Swim Kids 5-10:

- All private lessons where the participant is working on Swim Kids 5 -10 or Swim Basic skills and does not require assistance will follow the same procedures seen for Swim Kids 5-10 (low ratio) levels. If the participant is 18 years old or older, they do not need a guardian/parent to sign-in.

### ADMISSION / FACILITY INFORMATION

#### Location/Time:

- Participants and their accompanying parent/guardian will enter/exit the building by the designated door at the main entrance area of Dundonald Hall.
- All participants must arrive in their swimsuits.
- Participants can only enter the building by the designated entrance 10 minutes before their scheduled program.
- Participants must depart the facility within 10 minutes of the end of their scheduled program.

#### Garrison Petawawa Online Screening Questionnaire:

- Participants and staff will complete the [Garrison Petawawa Online Screening Questionnaire](#) honestly and prior to arriving at the facility (take a screenshot of your screening result). One screening result per family, per day.
- Participants and staff will show the result of their screening questionnaire upon arrival to the attendant at the admission table located at the front lobby of Dundonald Hall.
- Stay home if you, or members of my household, experienced any COVID-19 symptoms and/or travelled outside of Canada within the last 14 days.



- Participants and staff who are exhibiting symptoms of illness will not be permitted into the facility.

### Temperature Checks:

- Participants and staff will be screened and have to complete a temperature check before being permitted to enter the facility.
- Those with temperatures at or above 37.8C or 100 F will not be admitted.

### Hand Hygiene:

- All persons accessing the facility will be required to wash their hands with hand sanitizer (provided at the entrance of the building) for 20 seconds.
- All person in the facility are required to have good hand hygiene.

### Register:

- All persons accessing the facility will be required to sign the register upon entry.

### Waivers:

- Parented Levels
  - ❑ On the first day of lessons, the guardian/parent must sign two waivers prior to their lessons; the waiver for the child participant and the waiver for the parent/guardian participant.
- Unparented Levels
  - ❑ On the first day of lessons, the guardian/parent (if the child is 17 years or younger) or participant (if the participant is 18 years old or older) must sign one waiver prior to the lessons; the waiver for the participant.
- If the waiver is not signed, the participant will not be able to enter the facility and will not access the program.

### Changerooms:

1. Participants are to arrive in their bathing suit.
2. Participants must keep their belonging to a minimum.
3. Access to changerroom will be limited:
  - a. Occupancy rate of changerroom are reduced to allow physical distancing
  - b. Some sinks, toilets, and showers are decommissioned in order to allow physical distancing.
  - c. Lockers are not available for use – There is limited space at each assigned meeting area for participants to keep some of their belonging on deck. Consult Appendix A for more information.
4. Participants must take a warm soapy shower before entering the pool area. Please note that participant do not have access to showers after their lesson.
5. Follow the arrows in the changerrooms.



6. Users are asked to disinfect the bench/change table that they used in the changeroom (disinfecting wipes will be supplied at each bench).

## HEALTH & SAFETY

### Safe Arrival and Release and Attendance of Children:

- Participants in Parented Programs:  
(i.e. Preschool and Swim Kids 1-4 levels)  
The participant is accompanied by one parent/guardian (16 years old or older) throughout their entire time in the facility.
- Participants in Non-Parented Programs:
  - Before the program
    - The participant is accompanied by one parent/guardian (16 years old or older) to the lobby of Dundonald Hall to show the child's screening result and sign-in. After the child has passed the admission screening, the parent leaves the building immediately. A staff member will be there to help direct the child.
  - After the lesson (if participant is 13 years old or younger):
    - The parent/guardian will sign the sign-out form at the lobby of Dundonald Hall. Then, they will wait for their child outside of the facility.
    - The parent/guardian must be listed on the authorized for pick-up list (on the child's BookKing profile).
    - A staff will ensure safe release.
- Swim Instructors are taking attendance at the beginning of every lesson.

### Masks:

- Masks must be worn by participants while in the facility, waiting for lessons and after exiting the pool (but not in the water). Children under 2 do not need to wear masks.
- For more information about masks please consult the [COVID-19 Directive for Masks/Face Coverings](#) from the Renfrew County and District Health Unit.

### Physical Distance:

- Participants must maintain a physical distance of 2m from other participants and staff. In the event that the 2m distance cannot be kept due to extenuating circumstances (i.e. when receiving first aid treatment), the participant receiving the first aid treatment is to wear a mask. The staff member providing first aid treatment will wear a mask, face shield and gloves.
- There are multiple methods in place to allow for physical distancing (e.g. smaller program size; 20 minutes in-between each lesson; parented classes; traffic flow and one-way directions arrows; pool space/zones; etc.).



## Disinfection:

- Staff will disinfect:
  - equipment/writing utensils
  - high touched areas
  - changerooms
  - the designated meeting area
- The user will disinfect:
  - the bench that they used in the changeroom with a disinfecting wipe (provided at each bench) and discard the used wipe in the garbage bin.

## REGISTRATION

### Registration Details:

- Before registration, please note that:
  - You must re-establish your PSP Plan.
  - Registration will be available online only. Please ensure you have a complete and accurate family account.
  - CAF families - registration opens September 14, 2020 (6pm)
  - General public - registration for opens September 16, 2020 (6pm)
  - As per the [National Policy](#), if more than 50% of the program has occurred and we have to stop all programming due to unforeseen events, no refund will be issued at this time.

# Appendix A

## Meeting Areas

