

Walton High School – COVID -19 Swimming Operating Procedures (advice and guidance).

Changing Area/Rooms

- Entrance into the changing area through one door and exit via a different door to reduce traffic flow (signposted).
- All pupils and adults need to sanitise hands using the hand gel / hand washing facilities on entry and exit of the changing rooms.
- High contact risk areas such as door handles, doors and benches are touched often will be cleaned regularly to minimise the risk of infection.
- Group changing of approximately 20 students will ensure social distancing is maintained in the changing rooms – adults to follow government guidelines on social distancing whilst in the changing rooms.
- Primary schools to arrive and leave changing areas before WHS students. Ensure timings don't over run.
- Asking swimmers to arrive in their swim wear before attending the lesson, wearing appropriate clothing to minimise time in changing rooms.

Poolside

- All adults must maintain social distancing on the poolside.
- Any equipment/ furniture and surfaces in use on poolside will be cleaned regularly.

Protection for Swimming Teachers

- Protection for swimming teachers will require significant attention and thought. COVID-19 is a respiratory illness. It is spread between people who are in close contact and through respiratory droplets when an infected person coughs, sneezes or talks. It is possible to get COVID-19 by touching a surface with the virus and then touching your face. There are several strategies for protecting swimming teachers.

Considerations:

- Swim schools need to implement control measures to eliminate or minimise the spread of COVID-19 and ensure the health and safety of their workers and others. This is a requirement under The Health and Safety at Work Act 1974.
- Swimming teachers should be assigned one zone in the pool to work / stay in for the entire lesson. Lesson plans should be adjusted to deter face to face contact and assist with social distancing guidelines.
- Swimming teachers should maintain a side on teaching position, so they are not directly facing the swimmers.

Swim Teachers - PPE

- Swim schools (Walton High School) should implement measures for PPE to employees and encourage primary staff to wear PPE to protect against COVID-19. This will not be provided by Walton High School.

This includes but is not limited to:

- Face masks

- Gloves
- Eye protection
- CPR pocket mask / face shields / bag-valve-mask.
- Consider whether face masks/ face shield should be worn by staff based on the following:
There is no requirement by the Government at this time for this industry to wear face masks. A face mask may provide the best form of protection for a swimming teacher who needs to work face to face with a swimmer in close proximity
- Swimming teachers teaching from in the water but are keeping the face above water should consider wearing a face mask/ face shield. A face mask/shield will greatly reduce / stop any droplets transferring from swimmer to swimming teacher because it covers the eyes, nose and mouth. However, it will be important to stress that face coverings (other than those used by medical professionals) do not protect the wearer but rather reduce the potential of the wearer to spread the virus particles.

Considerations:

- Face masks may be difficult to communicate through or conduct demonstrations while being worn.

Lifesaving and First Aid Provision

- The type of lifesaving and first aid provision swim schools provide will depend on the swimming facility and risk assessment. However, consideration must be given to ensure social distancing is maintained where possible and that the safety of the lifesaver and first aider is put first.
- It will not always be possible for lifesavers and / or first aiders to keep 2 metres apart. For example, lifesavers and / or first aiders may have to work closely with each other or customers because of the nature of the task, such as:
 - Lifesaver performing a rescue
 - A first aider giving CPR.
- **The preservation of human life will always take priority over social distancing.** Therefore, if a swimmer is in difficulty, the lifesaver must respond quickly and where required.
- Lifesavers and first aiders have a duty of care to preserve human life, therefore, if required lifesavers and first aiders will still perform CPR.
- For further guidance on COVID-19 CPR protocols from the UK Resuscitation Council please visit, <https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-COVID-19-coronavirus-cpr-and-resuscitation/covid-community/>
- Swim schools should ensure lifesavers and first aiders have easy access to CPR face shields / pocket masks, gloves and a fully stocked first aid kit to allow for safe delivery of CPR and first aid.

Considerations:

- Ensure face shields, pocket masks and gloves are provided in case CPR needs to be given
- Ensure rescue equipment is cleaned regularly
- Limit the people on poolside to ensure the lifesaver is able to socially distance.