

Swimming Lessons Update 02.06.21

Swimming Lessons will be permitted to take place in the Republic of Ireland from 07 June when facilities reopen. Swimming lessons are the only exemption to the individual training rule. As additional information and a further easing of restrictions are announced we will issue updated guidance.

General Overview

- Group Swimming Lessons are permitted from Monday 7th June.
- Group Swimming Lessons are to take place in pods of a maximum of 6 participants.
- Group Swimming Lessons include children and adult lessons.
- Teachers should deliver from the pool deck.
- Where possible, a one-way system should be implemented for transit through the facility (facility dependent)
- A COVID-19 Officer should be on duty at all times. This individual cannot also be responsible for teaching a class.

Face Coverings

- Face coverings are not recommended for children under the age of 13, but some children may choose to wear one.
- Any participant (13 years +) entering a facility should wear a face covering until they are ready to commence their lesson.
- All persons on deck to wear face coverings until all participants have entered the water
- It is recommended that teachers and participants bring a small zip lock or clip seal bag with their name printed on to store their face covering whilst in the pool.

Entry and Exit

- Where possible, formulate a staggered entry and exit system with the participants with sufficient buffer time between different participants entering & exiting facility.
- Adhere to social distancing requirements on entry and exit.
- Avoid loitering or congregating at facility entrance.
- On entry & exit, individuals should use the hand sanitizer provided.

Changing Rooms and Showers

- Participants should arrive ready to swim, with swimwear on underneath clothes.
- Transit through changing room areas should be staggered and social distancing should be adhered to.
- Showers can be used pre and post swim – rinse and go is advised.

Please Note: Swimming lessons focus on the development of water safety competency, aquatic skills and the development of stroke technique. Led by a qualified Swimming Teacher, lessons are delivered within a defined and controlled area with up to 12 swimmers in a class (6 per pod), often supported by an Assistant Swimming Teacher.