



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Lesson Procedures & Protocols for COVID-19 2021

Welcome to your Swim Lessons at the Y!

Before beginning lessons, we want to explain all of our **safety procedures and protocols** that will be in place to ensure Swim Lessons are safe, fun and successful during this time.

- We are excited to be able to offer Swim Lessons to Active YMCA Members and Community Members!
- At this time, **only the participating student(s)** and **one adult** can come into the facility for a lesson time.
 - If you have multiple students who will be taking Swim Lessons or need to bring a sibling(s) to a lesson, please reach out to Sabrina at sabrina@eugeneymca.org.

For your first lesson:

- Please arrive at the Y 10-15 minutes before your scheduled lesson time. Please go to the Front Desk, so you can:
 - Confirm your registration information is accurate
 - Complete the Y's current COVID-19 Waiver (if you have not already done this online)
 - Make a payment for Swim Lessons (if necessary)

Each time you come to the Y for Swim Lessons:

- You will be asked to:
 - Wash or Sanitize Hands
 - Answer Health Screening Questions
- **Face coverings** or **Masks** are required at all times while anyone is present in the YMCA facility with the exception of those actively swimming or showering.
 - Both the student and accompanying adult are required to wear masks in the Y.
 - Once the student is on the pool deck and ready to go to the shower, the student may remove their mask, shower on the pool deck and get into the pool.
 - An accompanying adult must keep their mask on at all times while in the Y building.
 - Once the lesson is over, the student will exit the pool and put their mask back on.
- Please have Students come **Swim-Ready** for their lesson (i.e. already dressed in a swimsuit, with your own goggles and swim cap if needed)
 - We do not have any goggles to share with students.
 - Please bring your own towel. There is no towel service available at this time.
 - Chairs will be available on the pool deck for student's belongings during their lesson.
- Students and accompanying adult are asked to enter the Pool Area through the door by the Family Changing Rooms
- All students must SHOWER using the Pool Deck Shower before entering the pool



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- If students need to use the Restroom, the Family Changing Restrooms (located on the Pool Deck) will be available. Locker Rooms are also currently open for use as well.
- Please know the Y's **Lobby Area** and **Observation Deck are Closed** to the public.
 - If you wish to watch your child's lesson, you will be able to sit in a chair at the end of your student's lane during the lesson.
 - If you do not wish to stay for the duration of your child's swim lessons, **you must drop your student off at the pool and be present on the Pool Deck 5 minutes before the scheduled end time of the Swim Lesson to pick up your child.**
- During the assigned lesson time, the participating students and accompanying adult will be asked to follow physical distancing protocol at all times.
- Once your lesson is over:
 - Please exit the pool deck and proceed to the Locker Rooms or exit the Y
 - Use the doors by the Front Desk to exit the building

During your Lesson:

- You will be assigned a lane or space in the pool that will allow for physical distancing.
- All Swim Lesson Instructors will maintain a physical distancing from students as much as possible and adhere to protocols in place to meet Oregon Health Authority (OHA) requirements.
- In the event of an emergency, your Instructor and/or Lifeguard will respond to the student and help as needed.