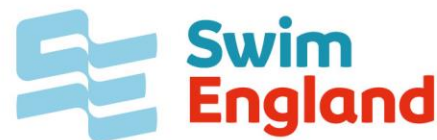


Returning to the pool

Guidance for **School Swimming**

Published 20 August 2020 v1



Covid-19: Returning to the pool

Foreword

We have all been missing the water during the Covid-19 enforced closure of swimming pools. For many of our members across all our disciplines, this will have been the longest period out of the water, which can take a toll on both our physical and mental wellbeing.

As the recognised national governing body, Swim England is therefore delighted to be able to produce this guidance to help ensure the safe return to the water once swimming pools are allowed to open once more.

Our first priority remains the safety of everyone involved in our sports, be they participants, leisure centre staff, coaches or volunteers. We will at all times be led by the latest government guidance and regulations. This guidance has been produced in collaboration with experts from across the sector and I would like to thank everyone who has contributed to its creation.

The guidance covers a range of settings, including for;

- Operators user guidance
- Users
- Swimming Lessons
- School Swimming
- Community Swimming
- Clubs.

When pools reopen, it will not be a case of 'business as usual' and we know that things will have to be different, but if we are to play our part in protecting the NHS from another wave of Covid-19 admissions, it is important we follow the latest guidance and adjust to the new 'normal'.

Swim England will continue to push for more financial support for the swimming sector to ensure we can all continue to enjoy the sports we love.

Jane Nickerson
Chief Executive, Swim England

Guidance for School Swimming Lessons

Introduction

The following has been developed in co-operation with industry partners, including local authorities, leisure operators, department of education and AfPE.

For many children, particularly those living in more deprived areas, school may be the only opportunity they will have to learn how to swim and be safe in and around the water.

Despite being on the national curriculum, around one in five children leave primary school unable to swim. This figure rises to almost half of children from the least affluent families.

It is therefore incredibly important that children do not miss out on School Swimming and Water Safety lessons as a result of Covid-19.

This document aims to support schools, swim schools and operators with the return of National Curriculum School Swimming and Water Safety following the period of closure and provides guidance on reducing the risk of Covid-19 transmission within the swimming pool environment.

It will highlight the continued requirements for social distancing and enhanced hygiene regimes, along with guidance on how this will impact on the different experience the pool user will have. The guide will include details on booking your swim, what to do before leaving school, on arrival at the pool and in the water itself.

Other sections will provide guidance for pool operators and practical advice relating to the control of Covid-19 in swimming facilities and during various activities. Links to best practice and other industry standard guidance will be provided where appropriate.

As with all environments, there is still a level of risk of Covid-19 transmission in aquatic settings that requires control measures to be implemented, based on your Covid-19 Risk Assessment. Schools, swim schools and operators must create their own risk assessment per activity before implementing any of the activities listed below.

Anyone running a school swimming lesson should ensure the children are familiar with the measures set out in the [Swim England Guidance for Users](#), before attending.

Detailed guidance for school swimming lessons can be found below.

If you have any questions relating to the guidance please contact:
swimminglessonguidance@swimming.org.

Swim England Guidance for Pool Operators and Swimming Lesson providers

It is important to understand the guidance already in place for pool operators and swimming lesson providers before planning any school swimming and water safety lesson delivery. All of the schools guidance detailed within this document should be used in conjunction with the guidance that already exists; these are listed below:

- **Guidance for Operators**
- **Guidance for Users**
- **Guidance for Swimming Lessons**
- **Guidance for Clubs**
- **Guidance for Community Swimming.**

While this document will give guidance on how school swimming can effectively and safely return to the water, it is important to understand that when working with a local leisure provider (e.g a facility with a pool that is not owned and operated by the school using it) you are aware of their own guidance on managing the risk of transmission of Covid-19 within their facility. In many places this may mean that the expectation for social distancing within a local public facility is adhered to at all times. This may mean that even where school bubbles may differ in their rules on social distancing while at school, they may be asked to follow social distancing rules, such as necessary spacing and following one way systems, at a local public facility. In many cases operators of local public pools will have maximum capacities in their facilities which may mean they are not able to accommodate the same large groups of pupils that could be working in bubbles in a school.

The guidance within this document will give a lot of practical and applicable advice on how school swimming can take place in a variety of settings but we advise when planning school swimming in a facility not run or owned by the school using it, that students and staff are educated and prepared in advance of visiting any local public facility of the expectations to follow the rules set out by the operator there.

All parties involved in the delivery of school swimming and water safety lessons should communicate and be in agreement of all processes and ways of working before returning to the pool.

School swimming lessons

The following guidance relates to swimming lessons for all school settings. A high degree of cooperation and coordination needs to exist between all those involved in planning and teaching school swimming lessons. Dialogue should be on-going and two-way so that everyone is clear about their roles and responsibilities and knows what is expected of them throughout the visit to the pool. These roles should be clearly defined in the service level agreement provided by the school swimming provider to the school. Curriculum swimming providers should refer to their own documentation to determine such aspects as the number of lifeguards, swimming teachers and their qualifications to groups of pupils and safe working practices. These should be agreed with schools.

- When delivering swimming lessons swimming teachers that are external to a school bubble should adhere to government guidance on social distancing.

- School teachers and teaching assistants that are internal to the bubble can replicate the same procedures through swimming lessons as they do in the classroom.
- All parties involved in the delivery of school swimming should have a dedicated officer or lead responsible for Covid-19 considerations, making sure that they are up to date with central or local government guidance. This person should be aware of the rules and guidelines set out by the facility.
- When determining the capacity of classes, providers should consider the advice on children and assessing risk in the pool as set out in the [Swim England Guidance for Operators](#).
- Considerations should be made on how to reduce contacts and maximise distancing between those in school wherever possible and minimise the potential for contamination so far as is reasonably practicable.
- Teachers should deliver from poolside.
- Teachers should adhere to government guidance on social distancing.
- Providers should evaluate the number of personnel on poolside to maintain social distancing.
- Providers of school swimming should review available pool space to allow for correct social distancing, including entry and exit points.
- Providers should allow sufficient time between lessons for cleaning and to reduce the chance of clustering groups.
- All equipment should be sanitised before and after each activity.
- Equipment that cannot be sanitised in the pool should be appropriately cleaned between activities. This should include surfaces in high traffic areas such as handrails and towel hooks.

How contacts are reduced and what measures need to be put in place will depend on the school's circumstances and will (as much as possible) include:

- grouping children together
- avoiding contact between groups
- staff maintaining distance from pupils and other staff as much as possible.

Different types of school swimming

We understand that there are multiple deliveries of school swimming lessons. We must provide the best possible environment and opportunities for future generations to be active and work collectively across Community and Education partners to create healthy, happy childhoods that allow our children to flourish.

Who should deliver swimming and water safety lessons?

Across the country, schools tend to use one of three models to deliver swimming and water safety lessons:

- **Primary schools deliver all aspects themselves:** The school team takes responsibility for organising lessons at either an on-site or off-site venue. This could include a school-based pool or leisure facility. Trained members of the teaching and support staff deliver the lessons.
- **Support provided by local school swimming services:** Dedicated school swimming services work with schools to organise transport, instruction and the hire of facilities and lifeguards via comprehensive, centrally administered one-stop-shop arrangements.
- **External providers administer and deliver the programme:** Third-party, external providers such as pool operators or swim schools, administer swimming and water safety lessons at their own sites or the school's onsite facility. This often includes the 'whole package' such as timetabling, the provision of swimming instructors, lifeguards and sometimes transport.

Please select below the relevant set up for you and your school swimming lesson provision:

School premises owning and operating their own pool;

This section gives details on operating and managing a facility. If you externally hire out your facility to external parties please ensure you follow our recommended steps and liaise with them directly ahead of the booking.

Ensure you have the:

- external hire agreement
- external hire risk assessment – detailing measures that have been put in place to minimise the risk of Covid-19
- confirmation of external hirers insurance
- confirmation of the external hirers risk assessments and details of ways of working in the pool environment
- all teaching staff to hold a current DBS and Safeguarding qualification
- teaching qualifications
- lifeguard qualifications and provision.

Please refer to the [Swim England Guidance for Operators](#) section for the running and maintenance of your pool.

External school swimming provision and schools attending their local leisure provider:

If school swimming provision is offered externally to the school the following should be considered by the provider delivering the activity and the school.

- School and Lesson provider to liaise and discuss the new ways of working and current procedures including any relevant Normal Operating Procedure (NOP) and Emergency Action Plan (EAP) changes.
- Schools should consult with their local operator to ascertain the maximum number of pupils the venue can facilitate at any one time whilst adhering to guidance around air ventilation. See [Swim England Guidance for Operators](#) for more information.
- Risk assessment's to be completed by the school which aligns with the providers Covid-19 procedures.
- Understand and agree to hire agreement.
- Discuss and agree on lifeguard provision and procedures.
- Monitoring and recording of attainment figures. Utilise school swimming teachers and swimming teachers
- Adaptations and considerations of lessons and changing provision for any pupils with SEND.

The organisation of school swimming lessons in regards to 'bubbles'

Following government guidance for schools 'full opening,' the classroom setting or 'bubble' provision can be replicated in a swimming lesson environment ensuring this has been discussed with all relevant parties as suggested above and a process has been agreed upon to deliver swimming lessons for pupils.

Swimming and Water Safety is a requirement as part of the National Curriculum for PE, therefore it is important to facilitate the return of pupils to the pool.

Schools have been grouping children in 'bubbles' and [government guidance for the full reopening of schools](#) states that:

"Maintaining consistent groups remains important, but given the decrease in the prevalence of coronavirus (Covid-19) and the resumption of the full range of curriculum subjects, settings may need to change the emphasis on bubbles within their system of controls and increase the size of these groups.

Settings should assess their circumstances and look to implement 'bubbles' of an appropriate size, to achieve the greatest reduction in contact and mixing, without unduly limiting the quality or breadth of teaching or access for support and specialist staff and therapists.

Whatever the size of the group, they should be kept apart from other groups where possible and children and young people that can, should be encouraged to keep their distance within groups. Settings with the capability to do it should take steps to limit interaction, sharing of rooms and social spaces between groups as much as possible.

When using larger groups, the other measures from the system of controls become even more important to minimise transmission risks. We recognise that younger children and those with complex needs will not be able to maintain social distancing and it is acceptable for them not to distance within their group.

With regards to school swimming lessons, schools should endeavour to minimise interaction between groups/‘bubbles’, and where this is not possible, to adhere to social distancing wherever possible.”

How to Use PE and Sports premium funding

The PE and Sport Premium is provided to schools to make additional and sustainable improvements to the quality of PE and sport that is offered.

The existing guidelines regarding the use of PE and sport premium continue to apply. These guidelines already permit a significant amount of flexibility in how the PE and sport premium can be used.

This means that you should use the premium to:

- develop or add to the PE, physical activity and sport that your school provides
- build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years

How does this apply to your Schools Swimming and Water Safety Provision?

- The primary PE and sport premium is a great way to help ensure all your pupils leave primary school being able to swim and know how to be safe in and around the water.
- **(NCTP) National Curriculum Training Programme.**
- Top Up Lessons – some pupils may not be able to meet national curriculum expectations after swimming and water safety lessons in core PE. The premium can be used for Top-Up Swimming.
- Sign-up to the **School Swimming and Water Safety Charter**.
The charter is a national scheme developed specifically to meet the required outcomes of the national curriculum programme of study for physical education, covering both water safety and learning to swim.

More information available below on each point and following links. There is also additional information on the **PE and sport premium for primary schools** from the government.

National Curriculum Training Programme (NCTP)

The Swim England National Curriculum Training Programme (NCTP) has been developed for class teachers, support staff and other adults who have established relationships with pupils. It gives them the skills and knowledge needed to support the delivery of high-quality school swimming lessons, helping schools meet curriculum requirements.

Our NCTP courses are:

- Support Teacher of School Swimming: Develops the skills needed to actively assist and support a more qualified teacher to deliver school swimming lessons.
- Teacher of School Swimming: Develops the skills needed to plan, deliver and evaluate session plans in line with the national curriculum.

Find out more information on the **Institute of Swimming website**.

Top Up Swimming

Additional lessons for pupils who have not reached the minimum standards. Top Up Swimming (Additional lessons for pupils who have not reached the minimum national curriculum standards). During this period, children who would have usually accessed Top Up Swimming lessons will not have been able to. It is important to ensure all pupils have been given the appropriate support to successfully reach these outcomes. Consider these lessons being held at the end of your timetabled swimming and water safety programme, or at a separate time (for example, during the summer term).

Attainment Levels

Schools are required to publish their swimming and water safety attainment levels as part of their reporting requirements for the PE and Sport Premium.

It is a requirement that schools report both their PE and Sport Premium funding and swimming attainment using the [DFE commissioned afPE and YST reporting template](#).

Curriculum Swimming and Water Safety Resource Pack is available.

This should be on the school website and should state what percentage of pupils within their Year 6 cohort meet the national curriculum swimming and water safety requirements to:

- perform safe self-rescue in different water-based situations
- use a range of strokes effectively and swim competently
- confidently and proficiently over a distance of at least 25 metres.

As some swimming and water safety programmes will be delivered in years 3, 4 or 5, it is understood that the data might need to be held until they reach Year 6. Also, it is accepted that some of the information may be out of date as some pupils may have received additional swimming lessons outside of school.

However, the emphasis is on what schools know about their pupils' attainment in relation to the national curriculum, and the impact of the swimming and water safety programmes.

Schools attending multi-use facilities

All schools attending a multi-use facility where areas are shared with the public must have liaised with the operator before the booking commencing. Schools should understand and work with the operator on the below:

- social distancing protocols
- shared use of pool space
- agree on changing room protocol
- cleaning regime
- reporting in and out of the facility
- agreed risk assessments and ways of working
- addressed any concerns and queries.

Royal Lifesaving Society Guidance

RLSS UK has created [guidance to support Operators, Trainers, Clubs and Training Centres for people providing swimming lessons during Covid-19](#).

Transport

Dedicated school transport, including the statutory provision

Pupils on dedicated school services do not mix with the general public on those journeys and tend to be consistent. This means that the advice for passengers on public transport to adopt a social distance of two metres from people outside their household or support bubble, or a 'one metre plus' approach where this is not possible, will not apply from the autumn term on dedicated transport.

The approach to dedicated transport should align as far as possible with the principles underpinning the system of controls set out in this document and with the approach being adopted for your school. It is important to consider:

- how pupils are grouped on transport, where possible this should reflect the bubbles that are adopted within school
- use of hand sanitiser upon boarding and/or disembarking
- additional cleaning of vehicles
- organised queuing and boarding where possible
- distancing within vehicles wherever possible
- the use of face coverings for children (except those under the age of 11), where appropriate, for example, if they are likely to come into very close contact with people outside of their group or who they do not normally meet.

Dedicated school services can take different forms. Some journeys involve coaches regularly picking up the same pupils each day, others involve the use of a minibus whilst other services are used by different pupils on different days, or by pupils with SEND. The precise approach taken will need to reflect the range of measures that are reasonable in different circumstances. The full guidance for opening schools is available on the [government website](#).

Children's experience of physical activity in lockdown

As assumed, the lockdown was incredibly disruptive for children and their physical activity – they are very reliant on places and spaces to be active. Below includes some key stats highlighting the effects that the lockdown has had on their physical activity:

- 31% were less active than usual, 13% more active.
- 'Active' children dropped from 46.8% pre Covid-19 to 19% in lockdown.
- Just 19% of children under 16 were doing an hour or more (meeting CMO guidelines) of physical activity on a typical day.
- 'Less active' children rose from 29% to 43%.

- Around 43% of children under the age of 16 were reported to have been doing less than half an hour of physical activity a day”.
- Most worryingly, 1 in 14 (7%) of children and young people were doing nothing at all to stay active in lockdown.
- Children from less affluent families are more likely to have done nothing (13%) compared to those from more affluent backgrounds (6%).
- Children from a BAME background are twice as likely to say they’re doing nothing to stay active than children from a white background (12% v 6%).

Source: **Sport England (July 2020) Children’s experience of physical activity in lockdown**

Guidance for schools and operators on running national curriculum swimming lessons

Provided within this section is further detail on how to implement the guiding principles for reducing the risk of transmission during swimming activities, as outlined in the [Swim England Guidance for Operators](#). This includes practical ideas and additional considerations for the implementation of the guidance, along with links to supporting resources and examples of best practice. However, the following information must be properly considered and schools and operators must put in place measures that suit their particular circumstances. Therefore as a National Curriculum subject School Swimming and Water Safety provision can return to the swimming pool and follow the schools social distancing measures, including 'bubbles' and multiple 'bubbles' as a specialist education setting. The overarching principle to apply is reducing the number of contacts between children and staff.

This guidance is to support the following:

- School premises owning and operating their pool, this section gives details on operating and managing a facility.
- External school swimming provision and schools attending their local leisure provider.

Guidance	Explanation and practical considerations	Training and resources
Allocate a designated officer for the management of swimming lessons post Covid-19, who is made available to liaise between both school and operator.	Explanation Schools and providers should have a dedicated officer(s) responsible for Covid-19 considerations, making sure they are up to date with central or local government guidance this person should be aware of the rules and guidelines set out by the facility. Considerations The designated officer should be aware of government, Swim England and other relevant guidance that will impact the operational procedures for school swimming provision. Individuals may require additional support to fulfil this function.	Learn to Swim Webinars – Current and past webinars to support the designated Covid-19 officer. School swimming and Water Safety Charter. All school swimming enquires – schoolswimming@swimming.org School Swimming and Water Safety Charter Member Meeting.

Allocate a designated officer for the management of swimming lessons post Covid-19, who is made available to liaise between both school and operator. (continued)	A designated officer(s) to consider alternative ways of briefing and debriefing teaching staff such as; • team meetings • one to ones • appraisals. This can be achieved through conference calling systems and team manager software.	
Guidance	Explanation and practical considerations	Training and resources
Prior to a lesson have a checklist to ensure the workforce is ready to deliver and adapt to changes in a Covid-19 environment.	Explanation Schools and providers should consider implementing a checklist of actions their workforce need to complete to ensure they are Covid-19 compliant and ready to deliver. Considerations Provide Swimming Teachers and relevant school staff with updated Pool Safety Operating Procedures (PSOP) which should include Risk assessments, Normal Operating Procedures (NOP) and Emergency Action Plans (EAP). Swimming teachers and relevant school staff should familiarise themselves with relevant guidance including Swim England's returning to the pool guidance. Read and apply where applicable RLSS UK guidance for swimming teachers providing safety cover for swimming lessons. Implement procedures for swimming teachers and school teachers starting the delivery of lessons, for example;	Checklist of considerations document for providers to use Found on the supporting document page. Pool layout how-to guide Found on the supporting document page. Link to RLSS UK Guidance Post Covid-19. Learn to Swim Webinar – Hosted by the Institute of Swimming specific to teaching from poolside found at Institute of Swimming online training.

Prior to a lesson have a checklist to ensure the workforce is ready to deliver and adapt to changes in a Covid-19 environment. (continued)	- collecting registers - setting up equipment - entering and exiting the building - handwashing.	
Guidance	Explanation and practical considerations	Training and resources
When delivering school swimming lessons teachers and assistant teachers should deliver from the poolside.	Explanation Swimming Teachers should adhere to government guidance on social distancing. The delivery approach by the schools teaching staff should be from poolside to support their current social distancing guidance for example if the school teaching staff are within the allocated 'bubble' this must be replicated in the pool environment. Teaching from poolside will mean adaptations will need to be made to ensure effective delivery. Please refer to below guidance for any SEND pupils that may require further support. Considerations Complete a new risk assessment for any Covid-19 changes to the delivery of swimming lessons. Swim England recommend all swimming teachers and school teachers are to deliver from poolside where possible in line with current social distancing guidance. However, if there is a specific need for a teacher to deliver from within the water, it is both the teacher's personal and operator's professional responsibility to thoroughly risk assess and ensure that correct safety measures are followed.	Pool layout how-to guide Found on the supporting document page. Swim England Expected Standard Videos and Stroke documents. Learn to Swim Webinar – Hosted by the Institute of Swimming specific to teaching from poolside found at Institute of Swimming online training. Link to RLSS UK Covid-19 Guidance. To effectively deliver from poolside please see the following resources to support; - Institute of Swimming Webinars. - Use of expected standards videos.

When delivering swimming lessons teachers and assistant teachers should deliver from the poolside. (continued)	Read and apply, where applicable, RLSS UK guidance for swimming teachers providing safety cover for swimming lessons. Use of assistant teachers; assistant teachers or school teaching assistant to also support from the poolside. Ensure positioning is opposite to the Level 2 Teacher and to reinforce the class management of social distancing. A teaching assistant can support the delivery of demonstrations, activities, class organisations and communication to ensure the lessons run efficiently. Aim to use the same equipment throughout to reduce the likelihood of cross-contamination between pupils and staff. To be able to choose the most effective method(s) of communication when teaching from poolside will depend on the following factors; • the size of the pool or area of the pool being used • the size of the group • the ability of the group • the type of activities being performed • the best position for you to be able to oversee and supervise the whole group. • the best position so that all the participants can hear and see you. Consider how your teachers can continue to motivate and praise the pupils without physical contact, for example; • visual resources	
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When delivering swimming lessons teachers and assistant teachers should deliver from the poolside. (continued)	• non-verbal cues; air high fives, ok's and thumbs up • diagrams for pupils. When adapting to teaching in deep water a risk assessment should be completed alongside the following. Considerations: • Delivery of all stages in alternative depths to the usual delivery areas. • Equipment needed due to increased depth range. • Confidence and safety introduction to changing the depth of the lesson station. • Educate parents in the safe delivery methods being applied by the swimming teaching team.	
Guidance	Explanation and practical considerations	Training and resources
When delivering swimming lessons swimming teachers that are external to a school bubble should adhere to government guidance on social distancing. School teachers and teaching assistants that are internal to the bubble can replicate the same procedures through swimming lessons as they do in the classroom.	Explanation Where possible swimming teachers should remain in the same teaching station for the duration of their shift and aim to use the same equipment throughout to reduce the likelihood of cross-contamination. Considerations Swimming teachers should be aware of the number of personnel on poolside to give effect to social distancing. Consider the overall pool layout and where practical, each swimming teacher to deliver from alternate sides	Government guidance on social distancing. Pool layout examples - see page 25. Pool layout how-to guide Found on the supporting document page.

When delivering swimming lessons swimming teachers that are external to a school bubble should adhere to government guidance on social distancing. School teachers and teaching assistants that are internal to the bubble can replicate the same procedures through swimming lessons as they do in the classroom. (continued)	of the pool. Avoid overlap of patrolling on poolside whilst delivering. Where appropriate, consider splitting your staffing team if external to the school bubble into specific staffing rotas so that wherever possible, teaching staff are always working with the same person/people. This will help safeguard the delivery team. Consider having a consistent way of moving around poolside to reduce staff cross-overs and promote social distancing practice, for example, pupils and teacher to all move in a clockwise route. Please refer to the example pool layout provided. Provide hand cleaning stations and additional waste bins on poolside for tissues.	
Guidance	Explanation and practical considerations	Training and resources
Allowing for school lesson grouping and allocating the correct group ability in relation to the school bubble.	Explanation Settings should assess their circumstances and look to implement 'bubbles' of an appropriate size, to achieve the greatest reduction in contact and mixing, without unduly limiting the quality or breadth of teaching or access for support. Where possible schools should apply the same or similar bubble adherence from the classroom to the pool groups. Consideration Consider the school class or year group bubble that is attending the lesson and how they will need to be split into correct ability groups.	Government guidance on social distancing. Pool layout examples - see page 25. Pool layout how-to guide Found on the supporting document page.

Allowing for school lesson grouping and allocating the correct group ability in relation to the school bubble. (continued)	Use the pool layout examples to adhere to social distancing where bubbles cannot be applied in this environment.	
Guidance	Explanation and practical considerations	Training and resources
Allow sufficient time between lessons for cleaning and to reduce the chance of bubbles overlapping.	Explanation Ensure you allow sufficient time for an appropriate cleaning schedule and to allow time for school bubbles to leave the changing area. Refer back to the Swim England Guidance for Operators for further details. Please be aware that depending on school bubbles this may differ between each school booking and time slot for their pool procedure. Considerations Allow time in between activities for cleaning and changeover of pupils. To avoid clustering ensures different entry and exit points of your pool for all swimmers where possible. At swimming pools, separate school changing areas should be made available. Where this is not possible, and 'village-style' changing areas are used, attendance at the pool at different times to the public may be requested. Failing this, schools should request that students are provided with a section of the changing area specifically for their use, away from that being used by the public. Teachers should prioritise delivering the climb out over the side exit rather than using the steps where possible. This will reduce the amount of contact to equipment.	Learn to Swim Webinar – Hosted by the Institute of Swimming specific to teaching from poolside found at Institute of Swimming online training.

Allow sufficient time between lessons for cleaning and to reduce the chance of bubbles overlapping. (continued)	Share pool user guidance with advice for participants on what to bring and time frame for when to arrive. Prepare guidance/interactive video on the school's journey to and through the changing rooms on to poolside, so participants know what to expect. Review the pool programme to avoid multiple user groups entering the facility at the same time if possible. Should this not be possible a risk assessment and agreement from both the school and the provider should be in place.	
Guidance	Explanation and practical considerations	Training and resources
All equipment should be sanitised before and after each activity.	Explanation Ensure equipment usage is controlled within a lesson environment and ensure each teacher/school is responsible for their lesson equipment and cleaning procedure. Considerations Ensure you have an adequate cleaning rota in place for all lesson equipment. Before, during and after is suggested. This is the responsibility of whichever party owns and provides the equipment. Equipment should be cleaned in-between use. Submerging equipment in adequately disinfected swimming pool water will reduce the risk of transmission of enveloped viruses. Equipment that cannot be sanitised in the pool should be appropriately cleaned between activities. This should include surfaces in high traffic areas such as handrails and towel hooks. Allocate one set of equipment per teacher/school for the duration of lessons. Teachers can use a box or kit	Learn to Swim Webinar – Hosted by the Institute of Swimming specific to teaching from poolside found at Institute of Swimming online training. Videos top tips for parents Found on the supporting document page. Pool layout examples - see page 25.

All equipment should be sanitised before and after each activity. (continued)	bag to keep the same equipment together and ready to be cleaned after each lesson or each school session and at the end of the full shift before being stored. See pool layouts for a practical example. Each swimming teacher to have access to a bucket or scoop to rinse the teacher's area as appropriate. Don't allow pupils to share equipment, you could number each float and allocate afloat per pupil at the start of the lesson. Consider numbering or colour coding the equipment. Stop the loaning of goggles, hats and equipment. Where appropriate have two sets of equipment per station to allow for rotation and disinfectant of the equipment in a timely manner. Consider games that require equipment and how these could be adapted to reduce the contact and overlap of equipment usage. Example, allocate one ball per pupil to use and collect. Encourage site-specific guidance for swimmers to understand appropriate equipment that they can bring to lessons to reduce contact and cleaning times.	
Guidance	Explanation and practical considerations	Training and resources
Re-educate both swimmers and parents/carers of the importance of pool safety in a Covid-19 environment. This will also include water safety information.	Explanation Pupils returning to the pool for the first time after a prolonged period of time will need to recap the areas of water safety as a priority area of delivery. This should include both swimming pool safety rules and water safety information.	Learn to Swim Webinars – Current and past webinars to support this individual. Example of a temporary lesson structure for providers to use Found on the supporting document page.

Re-educate both swimmers and parents/carers of the importance of pool safety in a Covid-19 environment. This will also include water safety information. <i>(continued)</i>	Considerations Pupils have been out of the water for a significant amount of time, it is crucial to include pool safety rules and water safety messaging in your first lesson back. Please refer to Swim England's example lesson structure plans. Reassess swimmers ability against relevant outcomes to establish their current level of performance and where you need to prioritise your lesson. Ensure that you are up to date with the latest water safety messaging and embed these as part of your lessons. Consider how you will educate and inform your swimmer's parents/carers that teachers maybe delivering differently. For example; • social media • customer emails • posters • parents/carers Q&A. Consider implementing the new water safety awards.	
Guidance	Explanation and practical considerations	Training and resources
Pool layout and organisational methods will need to be amended to support the delivery of swimming lesson and adherence to social distancing guidelines.	Explanations Using the guidance set out in the "risk assessing social distancing in the water" section of the Swim England Guidance for Operators, any programmed session in the pool for children of this age group should attempt to maintain social distancing in line with government advice and risk assessments on age	Learn to Swim Webinar – Hosted by the Institute of Swimming specific to teaching from poolside found at Institute of Swimming online training. Videos top tips for parents Found on the supporting document page. Pool layout examples - see page 25.

Pool layout and organisational methods will need to be amended to support the delivery of swimming lesson and adherence to social distancing guidelines. (continued)	and ability. However, for school swimming lessons we are advising that the class or year bubble setups are replicated in the pool environment and remain socially distanced from any external personnel of their bubble. You need to revise your pool layout and pool set up requirements along with the relevant risk assessment. Considerations Review and risk assess maximum bather loads and teacher to swimmer ratios. (teacher: pupil ratios remain the same). Implement teaching positions that follow suitable government guidance on social distancing. For example: swimming teachers if external to the bubble should be delivering from opposite sides of the pool. There are a variety of methods you may use to organise your swimming lessons, which will be determined by different factors: • The needs and ability of your participants. • The teaching method you are using. • The pool space you have available. • Safety considerations.	Pool layout how-to guide Found on the supporting document page.
Guidance	Explanation and practical considerations	Training and resources
Make suitable adjustments for swimmers with Special Educational Needs and/or a disability or health condition in a Covid-19 compliant environment.	Explanation Swimmers with Special Educational Needs and/or a disability may require further adjustments to lesson provision or health condition when returning to the pool post-Covid-19. Use the guidance from this section as well as prior existing knowledge of the	Swim England Inclusion Hub (includes videos, Top Tips on inclusive swimming). School Swimming Assessment Tool – developed in partnership with Youth Sport Trust. Activity Alliance.

Make suitable adjustments for swimmers with Special Educational Needs and/or a disability or health condition in a Covid-19 compliant environment. (continued)	swimmers and make any reasonable adjustments to ensure meaningful lesson delivery. Similarly, it will not be possible when working with many pupils who have complex needs or who need close contact care. These pupils' educational and care support should be provided as normal. Considerations Ratios and risk assessments must be reviewed. In water support provided by a parent / guardian / career / school teaching assistant where appropriate and in line with government guidance. In this scenario, it is important there is good communication between both parties before the lessons starting. Bookable time slots for swimmers and parents/carers to visit the pool ahead of lessons restarting. For example: • Allow for a supervised walkthrough of any procedure changes in regards to access to changing rooms and poolside. • Consider delivering a dryside lesson to start with, familiarizing pupils with expectations for their school swimming lessons and how this experience has changed. • Consider a virtual walkthrough of your centre as an alternative option ahead of lessons commencing. • Consider how your teachers can continue to motivate, communicate and praise the swimmers without physical contact, for example;	Learn to Swim Webinar Recordings. Visual Resource Cards available on Swimpix.
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Make suitable adjustments for swimmers with Special Educational Needs and/or a disability or health condition in a Covid-19 compliant environment. (continued)	• Swimpix. • Visual cards that outline what to expect during a session and how to travel through the setting. • Non-verbal cues; air high fives, OK's and thumbs up.	
Guidance	Explanation and practical considerations	Training and resources
Risk Assessing School Swimming Lessons	Explanation Everyone needs to assess and manage the risks from coronavirus (Covid-19). This means employers and leaders are required by law to think about the risks the staff, pupils and young people face and do everything reasonably practicable to minimise them, recognising they cannot eliminate the risk of coronavirus (Covid-19). Employers must, therefore, make sure that a risk assessment has been undertaken to identify the measures needed to reduce the risks from coronavirus (Covid-19) so far as is reasonably practicable and make the setting 'Covid-secure.' For more information, visit the government website. Considerations All school swimming risk assessments need to be updated and amended in line with new ways of working. Work with your pool provider to agree on new processes.	Example Risk Assessment available.

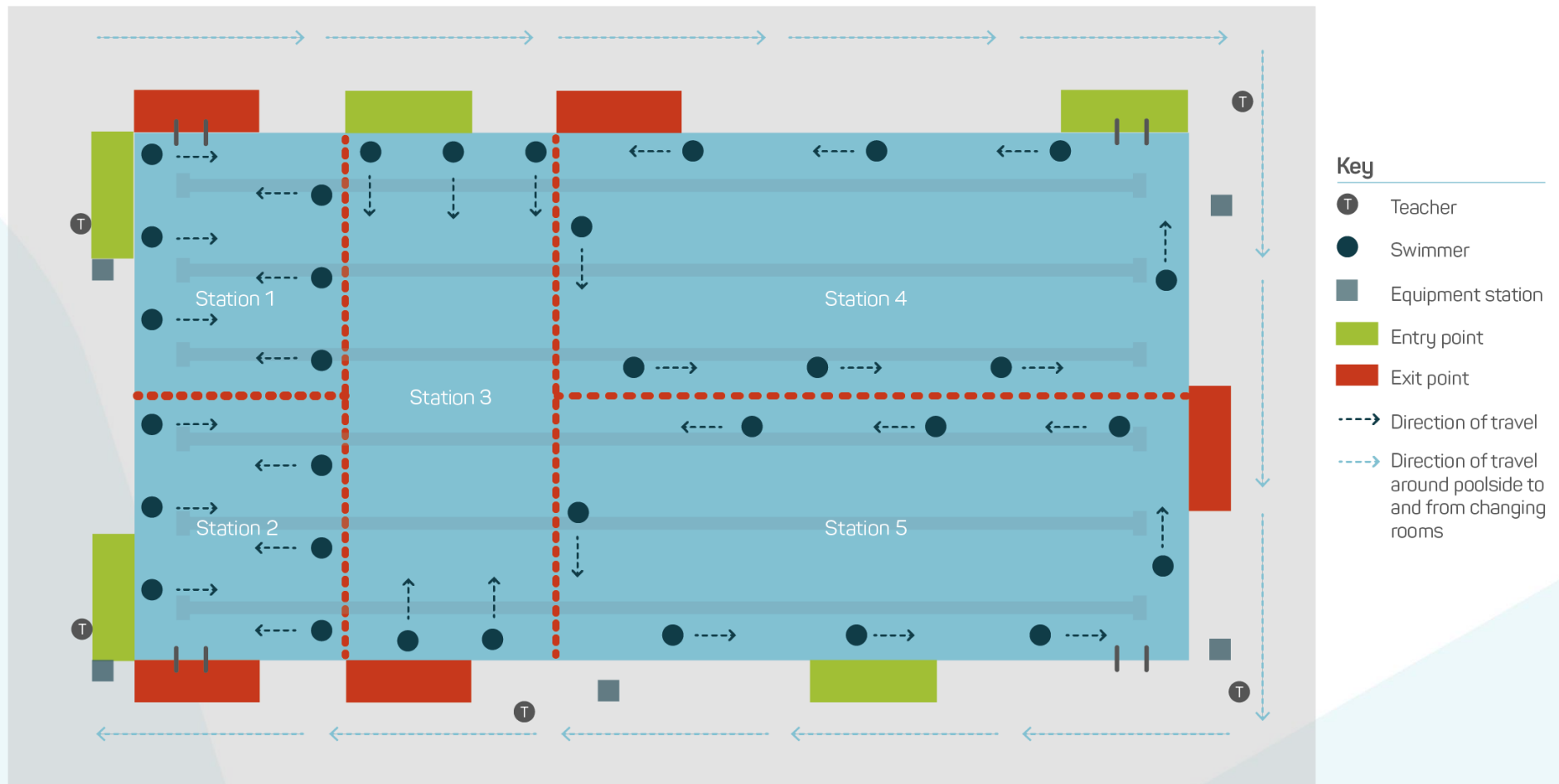
Pool layouts

The following pool layouts are designed as examples of what a pool layout could look like based on the overarching principles of social distancing. It is important that the above information must be properly considered and schools and operators must put in place measures that suit their particular circumstances, facility and pupils to create an effective pool layout based on the following factors:

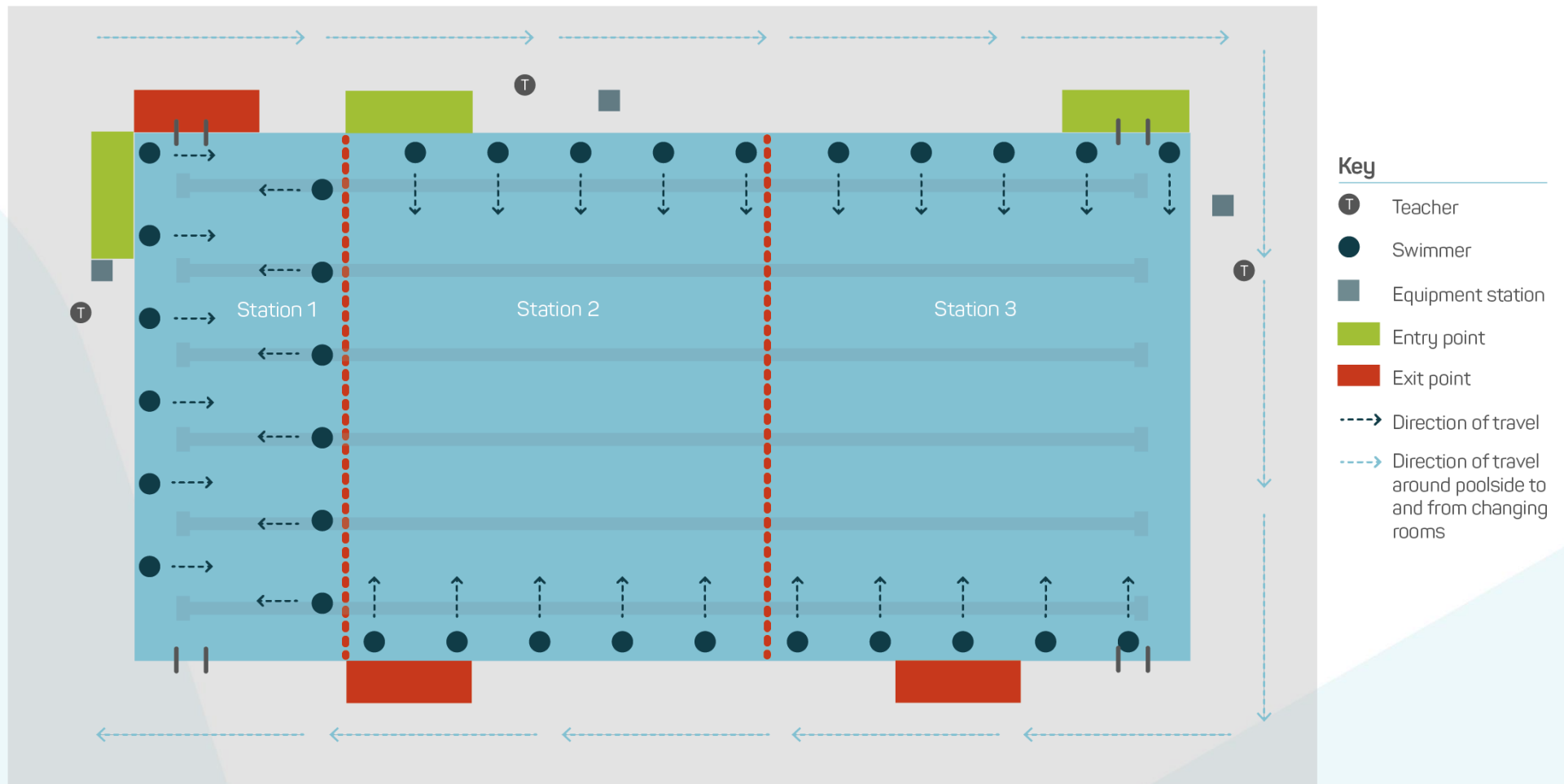
- Group sizes and ability of the pupils.
- Social distancing guidelines the school have in place.
- Pool size and dimensions.
- Equipment available.
- Support staff available.
- Other users within the building.
- Changing room capacity.
- Pupil needs.
- Lifeguard provision.
- Are bubbles or grouping of groups in effect.

You must ensure that when determining maximum occupancies for set activities that swimmers can maintain social distancing where relevant. Our guidance sets out the risk factors that increase transmission and provides you with guidance on our recommended water space per individual for specific activities, find out more within our [Returning to Pool Guidance](#) documents.

Example one:



Example two:



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