



**Scottish  
Water**  
Trusted to serve Scotland

Proud to Support



# A guide to getting you back to the water safely

# XCITE





# Getting back to the water

There's nothing quite like the refreshing feeling of being in water and for children – it should be fun!

Realising that some children and adults may be nervous about returning to swimming lessons our swimming teachers are well prepared to do all they can to ease any nerves about returning to the pool. Getting back to the water after a long break means stepping back initially to build water confidence again so please don't worry if your child has regressed a little during lockdown. Be patient and they will soon be back to where they were.



## How you can help...

- **Speak to your child about what will be different and what to expect**
- **Remind them their teacher is there to help and support them and that it's new for everyone!**
- **Let them know teachers will go back through core skills to rebuild confidence and to keep it fun**



# What if we have symptoms of COVID-19?

Do not come to the pool if you are showing any symptoms of COVID-19 (temperature, cough, or loss of taste or smell), you can find the latest guidance on NHS Inform [www.nhsinform.scot](https://www.nhsinform.scot)



- People who are symptomatic should self-isolate for 10 days and household members for 14 days as per info on NHS guidance
- No one who is self-isolating should attend a sports facility or activity



# Be 'Beach Ready'

'Beach Ready' means having your swimming costume or trunks on underneath your clothing when you come into the venue.

Changing facilities may be limited, so please check with your pool. To be safe, arrive ready to swim with only your outer clothes to take off. Then you can get into the pool super quick!

Put your belongings in your bag and give them to your parent or guardian or leave them in the designated area until the end of the lesson.



## How you can help...

Practise these tasks with your child:

- Putting goggles on and adjusting unaided for a neat fit!
- Getting in and out of a swimming costume or trunks when wet!
- Going to the toilet without help
- Drying and dressing themselves
- Packing their own bag and keep it simple: costume, towel, goggles



# Follow instructions at your pool

Remember every pool is different so please pay attention to your local pool instructions and any signage regarding physical distancing, direction of travel and other risk control measures.

Remember to wear a face covering before and after activity, in communal areas of the facility such as reception, changing rooms and corridors.



## How you can help...

- Use hand sanitiser and wash stations wherever they are available
- Be quick! Spend as little time as possible in the changing rooms
- Keep a safe physical distance at all times!





# Spectating

Every pool is different, however, there's a high chance that you won't be able to spectate.

Your child's teacher will take care of your child until you return to collect them from the changing rooms (exit point) at the end of their lesson.

We are asking all parents and guardians to help us keep numbers of people waiting around the centre down by leaving the building whilst your child is in their swimming lesson returning in time to collect them at the end. If your child is 8 years and under you must however remain within the facility grounds/parking areas.



## How you can help...

- Please make sure we have an up to date contact number should we need it to contact you during the lesson
- Please avoid waiting in the building if possible
- Ensure your child knows what will happen



# Changing after lessons

To minimise time in changing rooms and showers we encourage all children to shower at home.

One parent or guardian of children aged 8 years and under will be permitted to re-enter the facility 5 minutes before the end of the lesson to assist their child in changing.

Children over 8 years will be expected to change themselves and meet parents or guardians at the exit.

Parents or guardians will be responsible for ensuring they are there to meet their children as they leave the facility.



## How you can help...

- If your child has any additional support requirements, or you have any concerns, please contact the co-ordinator to discuss
- Help us to be safe by getting your child changed and leaving the building via the one-way exit in a timely manner after their lesson
- We appreciate both swimmers and parents or guardians may be keen to catch up with each other, please be courteous and do so in a safe space outside

# Summary of main changes



Look out for any one-way systems in place!



Swimmers will be physically distanced in line with government guidelines



Teachers and assistants will now be delivering all lessons from the poolside



Lesson start times may be staggered to allow for more physical distancing and reduce footfall



Teachers will no longer be allowed to fit children's goggles or swimming caps



Equipment will be cleaned between uses in adequately disinfected pool water