

Covid-19 Activity guidelines for the Credit Union Co-op Aquatic Centre: Swimming lessons

Please note that due to the ongoing pandemic, the below information is subject to change.

By signing the waiver parents/guardians agree to have a caregiver (responsible person over 16 years of age) to be in the water with the registered swimmer for any Preschool and Swimmer 1 & 2 classes or upon instructor's request.

Swimming Lessons:

1. As instructors we are not able to maintain cohorts with the high number of children taking swimming lessons and are therefore required to maintain the 2m distance at all times.
(<https://www.alberta.ca/assets/documents/covid-19-relaunchguidance-swimming-pools-and-whirlpools.pdf>).
2. All swimmers in Parent tot 1 /2, Parent tot 2/3, Squid, Swordfish, Dolphin, Orca, Shark, Swimmer 1, and Swimmer 2 must have a caregiver (responsible person over 16 years of age) in the water with them for each class. The responsibility of the caregiver is to assist the child and maintain the "within arm's reach" rule that our instructors are unable to maintain due to physical distancing requirements. These classes are done in shallow water, so caregivers do not need to be swimmers to participate.
3. All participants must maintain 2m/6ft distance from other swimmers and the instructor
4. Participants are asked to arrive no earlier than 5 minutes before the start of the class and must complete a pre-screening checklist at the front desk before entering the changerooms. (before each lesson)
5. Parents of swimmers in Swimmer 3-6 are not permitted in the changerooms and are not needed in the pool but can watch from upstairs. Swimmers in the higher levels also have to complete a pre-screening checklist before class.
6. AHS recommends goggle use, as they keep contaminants out of the eyes.
7. All lessons have been switched to 20 minute private sessions as of Nov 27th and will continue as private until the last day of lessons
8. If any swimmer is found to have symptoms of Covid-19 during lessons they will be asked to leave immediately

Viewing Gallery:

1. One-way traffic: enter through the east stairwell, exit through the west stairwell
2. Practice physical distancing from other spectators and stay with your household
3. Capacity is 25 people or 8 households