



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Aquatics Safety Guidelines: Group Swim Lessons

Aquatics programming plays an important role in the health of our youth, as swimmers develop self-esteem and swimming skills that last a lifetime. The Gateway Region YMCA's priority is to provide Aquatic programming in a safe and effective manner. Program modifications have been put in place for the safety of our program participants. The YMCA takes into account guidance from the CDC, local government authorities, Y-USA, and recognized sporting bodies.

Staff, parents and participants should not attend practices or lessons if they answer YES to any of the following questions:

- Have you or anyone in your household traveled out of the country or to a domestic hot spot in the last 14 days?
- Have you or anyone in your household had a fever or taken fever-reducing medicine in the last 72 hours?
- Have you experienced any cold or flu-like symptoms within the last 72 hours (to include loss of taste/smell, cough, sore throat, respiratory illness, difficulty breathing)?
- Have you or anyone in your household had close contact* with or cared for anyone confirmed COVID-19 in the last 14 days?
- Have you or anyone in your household had close contact* or live with anyone who has been told to self-quarantine in the last 14 days?

*Close contact includes:

- You spent a PROLONGED period of time in the same room without medical grade PPE. Someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to specimen collection)
- You had DIRECT PHYSICAL CONTACT with the person (e.g., kissing, hugging).
- You SHARED eating or drinking utensils with them.
- You came into contact with their RESPIRATORY SECRETIONS (e.g., they coughed on you).

Medical professionals treating COVID-19 patients should shower and change clothes prior to coming into our facilities.

If a positive case is confirmed in a program, the participant affected will be sent home immediately. If the participant's parent/guardian is not present, we will escort the participant to a designated isolation room or an area away from others. The YMCA will notify parents and participants that were in close contact. Those impacted will be asked to quarantine per the local health department guidelines. Parents and participants will be able to return once they are cleared per the local health department guidelines.

[CDC Health Swimming Guidelines](#)

Aquatics Modifications

Swim Lesson Instructors and Supervisors

- All staff will have their temperature checked by the Manager on Duty upon entering the facility. Recommend staff take their own temperature at home to ensure no fever before arriving. Any staff with a temperature above 100°F will be sent home.
- All instructors, supervisors, and coaches will be required to wear face masks or shields when in direct contact with participants.

Program Management and Cleaning

- Reduced class sizes per health department guidelines.
- The number of lessons offered at one time slot will be limited to accommodate for physical distancing.
- Lessons will be scheduled to avoid overlap.
- Participants will be placed to allow for physical distancing.
- Participants will be asked to bring their own water bottle. No sharing of water bottles, and each bottle should be clearly marked with the participant's name. Drinking fountains are closed at this time.
- Participants will come ready to swim, bringing their own towels, as towel service is not available at this time.
- Participants and instructors should wash their hands or utilize hand sanitizer before and after practice.
- Participants should bring their own equipment to use during practice, as recommended by their instructor prior to the start of a lesson (i.e. kickboards, pull buoys, goggles, fins, etc.).
- If participants do not have their own equipment, any swim lesson equipment shared will be sanitized between uses with an EPA certified product between each use.
- All participants and parents/guardians should wear a mask when entering the facility.
- Participant and parent/guardian temperatures will be checked when entering the facility. Any participant or parent/guardian with a temperature above 100°F will be sent home.
- Parents/guardians can drop their child off at the pool but then should wait in their car during the lesson.
- Parents/guardians can pick up their child from the pool when the lesson is complete.

Parents and Guardians

- No parents/guardians are allowed to attend practice for indoor programs. Parents/guardians should remain in their cars during this time and be on property where the lesson is taking place (for anyone under 13 years of age.) No congregating should be allowed in the parking lot.
- All communication will be electronic through email or through SwimWins.



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Aquatics Safety Guidelines: Parent & Child Swim Lessons

Aquatics programming plays an important role in the health of our youth, as swimmers develop self-esteem and swimming skills that last a lifetime. The Gateway Region YMCA's priority is to provide Aquatic programming in a safe and effective manner. Program modifications have been put in place for the safety of our program participants. The YMCA takes into account guidance from the CDC, local government authorities, Y-USA, and recognized sporting bodies.

Staff, parents and participants should not attend practices or lessons if they answer YES to any of the following questions:

- Have you or anyone in your household traveled out of the country or to a domestic hot spot in the last 14 days?
- Have you or anyone in your household had a fever or taken fever-reducing medicine in the last 72 hours?
- Have you experienced any cold or flu-like symptoms within the last 72 hours (to include loss of taste/smell, cough, sore throat, respiratory illness, difficulty breathing)?
- Have you or anyone in your household had close contact* with or cared for anyone confirmed COVID-19 in the last 14 days?
- Have you or anyone in your household had close contact* or live with anyone who has been told to self-quarantine in the last 14 days?

*Close contact includes:

- You spent a PROLONGED period of time in the same room without medical grade PPE. Someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to specimen collection)
- You had DIRECT PHYSICAL CONTACT with the person (e.g., kissing, hugging).
- You SHARED eating or drinking utensils with them.
- You came into contact with their RESPIRATORY SECRETIONS (e.g., they coughed on you).

Medical professionals treating COVID-19 patients should shower and change clothes prior to coming into our facilities.

If a positive case is confirmed in a program, the participant affected will be sent home immediately. If the participant's parent/guardian is not present, we will escort the participant to a designated isolation room or an area away from others. The YMCA will notify parents and participants that were in close contact. Those impacted will be asked to quarantine per the local health department guidelines. Parents and participants will be able to return once they are cleared per the local health department guidelines.

[CDC Health Swimming Guidelines](#)

Aquatics Modifications

Swim Lesson Instructors and Supervisors

- All staff will have their temperature checked by the Manager on Duty upon entering the facility. Recommend staff take their own temperature at home to ensure no fever before arriving. Any staff with a temperature above 100°F will be sent home.
- All instructors, supervisors, and coaches will be required to wear face masks or shields when in direct contact with participants.

Program Management and Cleaning

- Reduced class sizes per health department guidelines.
- The number of lessons offered at one time slot will be limited to accommodate for physical distancing.
- Lessons will be scheduled to avoid overlap.
- Participants will be placed to allow for physical distancing.
- Participants will come ready to swim, bringing their own towels, as towel service is not available at this time.
- No handshakes or fist bumps should take place.
- Participants and instructors should wash their hands or utilize hand sanitizer before and after practice.
- Participants should bring their own equipment to use during practice, as recommended by their instructor prior to the start of a lesson (kickboards, pull buoys, goggles, fins, etc.).
- If participants do not have their own equipment, any swim lesson equipment shared will be sanitized between uses with an EPA certified product between each use.
- Attendance will be taken by the instructor after participants enter the water.

Parents and Guardians

- All attendees, children included, must check in at the Member Service Center prior to the start of their program activity.
- Only one adult is allowed to participate with their child in the water.
- Anyone in attendance MUST participate in the water for the duration of the class.
- No one is allowed to observe from the deck or in the lobby area.
- All communication will be electronic through email or through SwimWins.



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Aquatics Safety Guidelines: Private and Semi-Private Swim Lessons

Aquatics programming plays an important role in the health of our youth, as swimmers develop self-esteem and swimming skills that last a lifetime. The Gateway Region YMCA's priority is to provide Aquatic programming in a safe and effective manner. Program modifications have been put in place for the safety of our program participants. The YMCA takes into account guidance from the CDC, local government authorities, Y-USA, and recognized sporting bodies.

Staff, parents and participants should not attend practices or lessons if they answer YES to any of the following questions:

- Have you or anyone in your household traveled out of the country or to a domestic hot spot in the last 14 days?
- Have you or anyone in your household had a fever or taken fever-reducing medicine in the last 72 hours?
- Have you experienced any cold or flu-like symptoms within the last 72 hours (to include loss of taste/smell, cough, sore throat, respiratory illness, difficulty breathing)?
- Have you or anyone in your household had close contact* with or cared for anyone confirmed COVID-19 in the last 14 days?
- Have you or anyone in your household had close contact* or live with anyone who has been told to self-quarantine in the last 14 days?

*Close contact includes:

- You spent a PROLONGED period of time in the same room without medical grade PPE. Someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to specimen collection)
- You had DIRECT PHYSICAL CONTACT with the person (e.g., kissing, hugging).
- You SHARED eating or drinking utensils with them.
- You came into contact with their RESPIRATORY SECRETIONS (e.g., they coughed on you).

Medical professionals treating COVID-19 patients should shower and change clothes prior to coming into our facilities.

If a positive case is confirmed in a program, the participant affected will be sent home immediately. If the participant's parent/guardian is not present, we will escort the participant to a designated isolation room or an area away from others. The YMCA will notify parents and participants that were in close contact. Those impacted will be asked to quarantine per the local health department guidelines. Parents and participants will be able to return once they are cleared per the local health department guidelines.

Aquatics Modifications

Swim Lesson Instructors and Supervisors

- All staff will have their temperature checked by the Manager on Duty upon entering the facility. Recommend staff take their own temperature at home to ensure no fever before arriving. Any staff with a temperature above 100°F will be sent home.
- All instructors, supervisors, and coaches will be required to wear face masks or shields when in direct contact with participants.
- Instructor or supervisor will meet parents at the door to the pool at their designated time for lessons.

Program Management and Cleaning

- Lessons and practice times will be scheduled to avoid overlap
- Participants will come ready to swim, bringing their own towels, as towel service is not available at this time
- No handshakes or fist bumps should take place
- Participants and instructors should wash their hands or utilize hand sanitizer before and after practice
- Participants and instructors should wash their hands or utilize hand sanitizer before and after practice
- Participants should bring their own equipment to use during practice, as recommended by their instructor prior to the start of a lesson (kickboards, pull buoys, goggles, fins, etc.)
- If participants do not have their own equipment, any swim lesson equipment shared will be sanitized between uses with an EPA certified product between each use
- All participants and parents/guardians should wear a mask when entering the facility.
- Participant and parent/guardian temperatures will be checked when entering the facility. Any participant or parent/guardian with a temperature above 100°F will be sent home.
- Parents/guardians can drop their child off at the pool but then should wait in their car during the lesson.
- Parents/guardians can pick up their child from the pool when the lesson is complete.
- A sign in/out process will take place at the front door before/after lessons with a supervisor in attendance. Swimmers will check in at the Member Service Center and have their temperatures taken prior to the start of their lesson. Parents will not be allowed to enter the building during practices.

Parents and Guardians

- No parents/guardians are allowed to sit on deck or in the lobby area while the lesson is taking place. Parents/guardians should remain in their cars during this time and be on property where the lesson is taking place (for anyone under 13 years of age.) No congregating should be allowed in the parking lot.
- All communication will be electronic through email or through SwimWins.