



SWIMMING LESSONS Q & A

1. What age group requires a parent in the pool?

All children Swim Kid 3 and under require an adult of the same household in the water for the whole class time.

2. How many children can an adult help during swimming lessons?

An adult can help up to two children in the same class.

3. Why do parents have to get in the water?

According to the Re-open Saskatchewan Plan, swimming lessons should only run if physically distancing can occur between the candidates and instructor. By asking an adult to enter the water with every candidate we will be able to ensure social distancing and the safety of the children in the pool.

4. Who made the decision to have parents get in the pool?

The recommendation from Canada Red Cross was to have adults assist one on one or postpone lessons. We believe that swimming is a life skill that needs to continue to be taught to children. It is also a way to encourage physical activity.

5. What is the role of the adult during swimming lessons?

The adult will be asked to assist with floating and gliding positions, helping the swimmer play games and ensuring physical distancing is followed. Additionally, all Swim Kid lessons will be run out of the big pool and depth could be a challenge for younger children, so the adult will help to ensure safety throughout the course.

6. Does it have to be a parent?

No, it does not have to be a parent. It can be a responsible teenager 13 and up that is comfortable in deep water, of the same household as swimmer and will respect and listen to the instruction.

7. What will the role of the instructor be during the class?

The instructor will still be teaching the class by leading the class in skills, games and correction.

8. Will the instructor be getting in the pool?

Instructors will be teaching from both in the water and on the pool deck.

9. Will change rooms be allowed?

The change rooms will be open, but we would appreciate that people come 5 minutes prior to lesson start time and ready to swim. Please leave changerooms and facilities within 10 min of exiting pool. Lockers will be available but limited.

10. Will spectators be allowed?

- a. Participants in Swim Kid 3 and under will NOT be allowed spectators, as they will have one person in the pool with them.*
- b. Participants in Swim Kid 4 and up will be allowed one spectator to sit in viewing area to watch swimming lessons.*
- c. No spectators will be allowed on deck.*



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