

COVID-19 Guidelines for Swimming Lessons

Welcome back to swimming we are delighted to see all of the children, no doubt there will be sickness along the way so we have some clear COVID specific guidelines which we will be following in line with Colets Nursery.

We recommend as always that if your child is unwell that they do not swim, this is particularly important at the moment.

Our COVID guidelines are as follows;

- 1) If anyone within your family bubble has symptoms of COVID-19 (the same applies for teaching staff) you must;
 - Let Colets know as soon as possible so we can activate our Test & Trace
 - Self-isolate in-line with government advice
 - If possible, try to get yourself tested for COVID
 - Please, advise us of the test results immediately when they are received.
- 2) If the test is **NEGATIVE** your child may return to lessons
- 3) If the test is **POSITIVE** then;
 - Positive cases should isolate for 10 days from the onset of symptoms or the date of the test if they have no symptoms
 - ALL contacts of a confirmed case should isolate for 14 days.
 - If your child has been sent home from school because a child in their 'school bubble' has tested positive they **MUST NOT** come to lessons and **MUST** isolate. However, any siblings within the family may continue to swim as normal unless any symptoms are displayed.
- 4) If one of the instructors becomes unwell we will do our best to find a cover teacher for lessons.

If you have any questions please email me at kathys@colets.co.uk

Many thanks,

Kathy Stewart

