



## **Orchard Hills Swim Lesson COVID-19 Guidelines**

1. All families entering OHAC for swim lessons must have a complete member or guest account in our system, and must stop at the front desk to check in upon arrival for each lesson
2. All parents must self-screen themselves and students prior to each lesson. Please see questionnaire on the following page.
3. Parents and children must wear masks to enter club, enter and exit the pool area, and while sitting or standing on the pool deck. Mask may be removed before entering the water.
4. Prior to lesson starting children must hand sanitize or wash hands. Children should do the same once lesson is over.
5. Low contact is recommended between instructor and student. Students will not wear a face covering during the lesson. The instructor may wear a face covering.
6. Equipment can be used from OHAC, except for goggles. Students must bring their own goggles (no face masks/goggles covering the nose please).
7. Parents and students should arrive no more than 10 minutes prior to the lesson and must immediately leave pool area once their lesson is over.. We ask that children arrive in their swimsuit to keep the changing rooms open for those who have finished their lesson and are changing to leave. Showers are now open at 50 % capacity. Boys may shower/rinse on the pool deck. Girls may shower in the Girl's Locker Room with adult female supervision. Those showering on the pool deck must use the pool-safe soap provided and those showering in the Girl's Locker Room must bring their own shampoo/soap.
8. Please note that hallways/stairwells are marked as one way. Please keep the hallways clear for through traffic and maintain social distancing.

Directions to enter: straight through lobby, down the stairs, take a right around the half wall, enter pool on the left.

Directions to exit: exit pool door closest to the hot tub, proceed left, left down the stairs to the changing rooms/girls locker room/boys bathroom, exit changing area to the right, follow hallway to the end, left through the opening, exit out the door on the right.

9. We ask that you restrict the number of people attending the lesson to one parent or two. Please no extra spectators. Ask your instructor if pictures or video are welcome to share with family.



## **Orchard Hills Swim Lesson COVID-19 Self-Screening Questionnaire**

Before you come to each lesson, you must self-screen yourself and your child at home including a temperature check, and answering the following questions:

- Have you or any household members had any of the following symptoms in the past 24 hours?
  - Fever (100oF or above)
  - Cough
  - Sore Throat
  - Difficulty breathing
  - Gastrointestinal symptoms (diarrhea, nausea, vomiting)
  - Fatigue
  - Headache
  - New loss of smell/taste
  - New muscle aches
  - Any other signs of illness
- In the past 14 days, have you had close contact with a person known to be infected with the novel coronavirus (COVID-19)?
- If you answer yes to any of these questions, your child will not be able allowed to have their lesson.
- If you or family member is diagnosed with COVID, please notify your instructor right away. You will not be allowed to return to Orchard Hills until you complete a 14-day quarantine and receive a negative test result.