



Welcome back to our SwimSkills Lesson Program! To be able to resume our lessons at this time, KCS must adhere to specific safety standards as laid out by our Provincial Health Organization, WorkSafeBC and the City of Kamloops. Our lessons will look considerably different, but we will be working hard to make sure that the kids continue to develop their swimming skills under these safety guidelines.

We have also designated a **COVID19 Safety Officer**, Dr Chris Prelypchan, who is reviewing our plans and activities to help us keep a high standard during this time.

Before Leaving Home:

- Complete [KCS online Health/Wellness Survey](#) daily. If your swimmer answers yes to any of the questions (outside of regular allergy symptoms) we ask that your swimmer not participate that day.

Facility Arrival:

- Swimmers must arrive in their bathing suit with a towel and goggles. The availability of change rooms is very limited so for everyone's health and well-being we are discouraging their use at this time.
- Goggles **must** be worn, **No** shared equipment
- Participants will arrive at the Brock pool parking lot no more than 10 min prior to the start of scheduled lessons.
- As per City of Kamloops guidelines, parents are discouraged from spectating as the stands outside the pool are not sanitized and physical distancing rules will be in place.
- Lesson participants should proceed on their own to the main entrance gate labeled "Enter".
- The gate will be propped open and monitored to limit touch points. Swimmers must follow the directional arrows through the facility and obey all posted signs.
- Swimmers will wash hands with hand sanitizer upon arrival
- Proceed to assigned location on the deck as per lesson coordinators/instructors' direction.

Instruction:

- Density limits and social distancing constraints will be maintained in both the tot pool and the main pool.
- Instruction will be directed from on deck only. Instructors will not be in the water with swimmers.

Facility Departure:

- After their lesson swimmers will exit the pool area immediately.
- Swimmers will change at home or in their vehicles. No washroom changing will be done at the pool.
- Swimmers will be directed to exit the facility through the main lobby doors marked "Exit", maintaining a distance of 2m separation.

Questions can be sent to lessons@swimkamloops.com