

# AQUATICS IMPORTANT SWIM LESSON INFORMATION



## Indoor Pools

Due to the COVID-19 pandemic and the recent Level Red Mandates instituted by the County, many procedure updates will be implemented to minimize the spread of the virus. The District strives to provide a safe environment while still providing a fun and positive experience. The District is also committed to minimally meet or exceed all State/County COVID guidelines.

South Suburban Aquatics has created a safer way to conduct lessons with the current Safer at Home required guidelines.

### General Guidelines

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- Advanced registration is required and is available online [here](#).
- Appropriate facial coverings/masks, covering the nose and mouth, are required inside the facility. Masks must be worn at all times with the following exceptions:
  - Those ages 10 and younger.
  - Those in the pool. Masks cannot be worn in the water unless guests keep head above water at all times. If masks get wet they should be removed.
  - Those completing exercise where a mask may interfere with their respiratory function.
- Swimmers are encouraged to come swim ready. Limited lockers and showers are available.
- Spectators are **NOT** permitted on pool deck during class but may enter pool area to drop-off and/or pick up child. This counts against the capacity levels set by the County.
- Anyone who is sick or has symptoms of COVID-19 should stay home.
- Guests who fail to follow guidelines and staff direction may be asked to leave and refunds will not be issued.

### Updated Swim Instruction

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- Standard American Red Cross Protocols will resume with all levels with the following alterations:
  - Class quantity and capacities may be limited according to space/availability.
  - Each student must maintain a distance of 6' from other students.
  - Instructors will maintain distance as much as possible, but may use hands on techniques to manipulate correct body and stroke positions will in the water.
  - Instructors will wear face shields and masks while teaching to refrain from direct face to face contact.

### Additional Questions or Concerns

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[tlogan@ssprd.org](mailto:tlogan@ssprd.org), Tim Logan, District Aquatics Manager  
[aharston@ssprd.org](mailto:aharston@ssprd.org), Anne Harston, Buck, Franklin and Harlow Aquatics Coordinator  
[ttoler@ssprd.org](mailto:ttoler@ssprd.org), Travis Toler, Goodson and Holly Aquatics Coordinator  
[rcook@ssprd.org](mailto:rcook@ssprd.org), Ryan Cook, Lone Tree and Cook Creek Aquatics Coordinator