

# Swimming Health and Safety (update 17<sup>th</sup> Aug. 2020)

Well maintained and monitored pools pose very little threat to you or your child's health. Filter systems efficiently remove unwanted solid matter while chlorine kills practically most known germs. In fact, your home bath and bathwater are more likely to make you ill. Remember also that water is not the only way that bacteria and viruses are transported. Many germs travel through air, while others are transmitted through person to person contact. At least in the pool, water born germs are at a disadvantage because of the chlorine's instant killing effect.

Consequently, we ask that you respect our precautionary health rules and refrain from lessons if your child is suffering from any of the following complaints:

- Fever
- Any respiratory symptoms that could be symptoms of Coronavirus
- Any change to your taste & smell
- Cold Sores
- Conjunctivitis
- Urinary Tract Infections
- Vomiting and diarrhoea (within the last 24 hours)
- Ringworm
- Any other contagious disease.

## Hair

Please ensure all long hair is back and off your child's face. We encourage all children to wear swimming hats. We sell comfortable cloth hats / silicone hats at our pool venues.

## Jewellery/Earrings

Please remove all jewellery before swimming

## Goggles

Swimming pools are required to maintain very stringent chemical levels in the pool water. These Chemicals can irritate the eyes. We strongly recommend that every swimmer has small goggles with the pupils name written on the head band in bold letters. Most children will close their eyes under the water if they do not have goggles, giving a feeling of disorientation. "Imagine learning to ride a bike with your eyes closed." You can do it but progress is slow. Goggles can make a significant difference to the speed of the learning process.

## Coronavirus / Covid-19 / 2019-nCov

Please rest assured we as a swim school are following government guidelines. Please stay updated with Coronavirus recommendations. You could stay updated by looking at websites such as [Latest guidelines for Coronavirus by Gov.uk](#). PLEASE ensure that if your children / people that you are in close contact with show **any symptoms** for this disease please **DO NOT** come to swimming lessons. This is **your responsibility** to public health and safety. Please anti bac / hand wash before entering our buildings.

### Is it safe to swim during Covid 19?

“The available evidence shows that the chlorine in the swimming pool should inactivate the virus within 15-30 seconds.

"The dilution of virus in the pool water volume will also reduce the risk of exposure and transmission.”

### Please see below for some facts;

According to **The Pool Water Treatment Advisory Group (PWTAG)**, “coronavirus would be inactivated at the levels of chlorines used in swimming pools.” Institutions like the **World Health Organisation (WHO)** and the Centres for Disease Control and Prevention (CDC) have also made similar statements.

On the **WHO website**, there is a “fact or fiction” section dedicated to dispelling some of the common myths surrounding the coronavirus. One question on the website asks, **“Am I likely to get Covid-19 if I swim in a swimming pool?”** The WHO website answers, “Swimming in a well maintained, properly chlorinated pool is safe”. “Keep a one metre distance from people who sneeze or cough even in a swimming area.”

The **CDC website** states, “There is no evidence that the virus that causes Covid-19 can be spread to people through the water in pools, hot tubs or water playgrounds.

“Additionally, proper operation of these aquatic venues and disinfection of water (with chlorine or bromine) should inactivate the virus.”

### Are swimming pools safe to visit?

A **PWTAG** spokesperson said, “The available evidence shows that the free chlorine and pH value in the swimming pool should inactivate the virus within 15-30 seconds.

"The dilution of virus in the pool water volume will also reduce the risk of exposure and transmission."

**There will be strict rules when visiting swimming pools once they reopen.**

In England, **Swim England** has issued "returning to the pool" advice which outlines the safety measures that swimmers will have to follow when visiting the pool.

**Included in the guidance is advice such as:**

- You should not visit the pool if you are showing symptoms of Covid-19 (temperature, cough, difficulty breathing or loss of taste or smell)
- You should bring hand sanitiser with you
- Follow social distancing guidelines
- Do not overtake other swimmers in the pool