



Parent Information

Red Cross Swim Lessons

CANADIAN RED CROSS SWIM LESSON SAFETY GUIDELINES

The City of Saskatoon will be following the Canadian Red Cross Safety Guidelines to deliver swim lessons at the Leisure Centres:

- Water Safety Instructors will deliver swim lessons from the pool deck.
- Red Cross Swim Preschool Programs and Swim Kids 1-4 will require a parent/guardian in the water to assist swimmers.
- Swimmers & parent/guardian should maintain physical distancing with others in and out of the water.
- The number of swim classes offered and the number of participants in each class will be reduced in order to maintain physical distancing requirements.
- Instructional swimming equipment, toys & accessories will be removed from public access.
- Participants may bring their own goggles and swim caps, but these should not be shared by other swimmers.
- A maximum of one parent/guardian per lesson participant. If two participants from the same family or household are together in the same class, one parent/guardian may be in the water for both participants.
- Participants are asked to physical distance during the swim lesson, maintaining two metres apart from other participants.

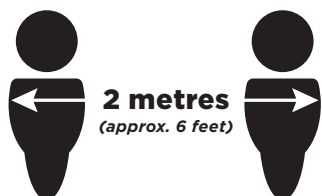
Red Cross Program – Swim Kids

Red Cross Preschool Programs (Sea Otter, Salamander, Sunfish, Crocodile, Whale)

- Red Cross Swim Preschool levels have been adapted as parented classes to ensure physical distancing.
- A parent/guardian is required to be in the water with their child during all preschool swim lessons.
- Red Cross Swim Swim Kids 1-4 levels have been adapted as parented classes to ensure physical distancing.
- A parent/guardian is required to be in the water with their child during all Swim Kids Level 1-4 swim lessons.
- Deep water activities for these levels will be changed to chest-deep water (where applicable) to accommodate parents/guardians who may not have swimming abilities.
- Rescue skills in Swim Kids 5-10 will be modified so that participants do not come into contact with each other or will be removed from the program.

CITY OF SASKATOON PROGRAM PARTICIPATION INFORMATION

- You will be greeted, screened and provided direction upon entering the Leisure Centre. You will not be allowed to enter the facility if you answer yes to either of the following questions:
 - Have you been in close contact with a confirmed or probable case of COVID-19?
 - Do you have a cough, shortness of breath or fever?
- To get the most out of your lesson, come prepared for your swim lesson to limit the amount of time required in change rooms.
- Please do not arrive more than 10 minutes prior to your scheduled swim lesson.
- Water fountains will be closed due to provincial government restrictions. Water fill stations will be available. Please bring your own water in a non-glass container.



**Stay 2 metres
apart at all times**