



Stillwater Area Public Schools COMMUNITY EDUCATION

Aquatics Lessons

The following is a brief look at how Community Education aquatics lessons will be different in order to adhere to social distancing and cleaning:

- Group lessons will be no larger than 4
- **Preschool - Level 2** will REQUIRE a caregiver in the water with the child (including private lessons)
- Level 3 will require a caregiver in the water the first day of class, to test swim skills (including private lessons)
- For all levels, the instructor will be teaching from the deck or in the water using a rescue tube. There will be no hands-on skill instruction.
- There will be a dedicated entry and exit of the pool space
- There will be 15 minutes between lesson groups to allow for minimal intermixing of groups
- Lockers rooms will only be available for required pre-lesson shower and bathroom use. Arrive and leave in suits, if possible.
- Spectator seating will be limited to one family member per swimmer.
- The pool deck and locker rooms will be thoroughly cleaned between rental groups and spot-cleaned between lesson sections.

A more detailed list of directions and expectations will be available the week before your lesson starts. Here is some information from the Community Education COVID Preparedness Plan:

In accordance with state health guidelines and direction from Minnesota Department of Education (MDE), Minnesota Department of Health (MDH), and the United States Center for Disease Control (CDC), the following changes will be necessary for community education programming to decrease the risk of COVID-19 exposure:

- *We will practice social distancing and align with the state safety recommendations by placing students in smaller groups and utilizing highly predictable settings.*
- *All programs will be subject to small groups of no more than 10 people.*
- *Enhanced cleaning practices will be in place in all buildings.*
- *Staff will be encouraged to wear a cloth face covering if they are unable to social distance.*

- *Staff and participants will be encouraged to perform frequent hand hygiene.*
- *Participants may be required to complete a health screening before proceeding to class.*
- *All participants are required to comply with social distancing expectations. Failure to do so could result in removal from the program and the premises.*

Participants must stay home if they are ill. Parents need to be on the alert for signs of illness in their children and to keep them home when they are sick.

- *Participants must be healthy and symptom free for the last 10 days and have a temperature under 100 degrees fahrenheit. Symptoms include the following:*
 - *Symptoms of COVID-19 may include fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, loss of taste or smell, nausea, vomiting and diarrhea*
- *Participants who have been in close contact with someone who was diagnosed or suspected to have COVID-19 within the last 14 days cannot attend.*
- *Participants who appear ill will be removed from the program. If the participant is a minor, the parent or guardian will be contacted.*
- *If a participant is diagnosed or presumed positive for COVID-19, please contact the Community Education Office immediately at 651-351-8300.*

Be aware that we reserve the right to conduct additional screenings at our discretion. All children Pre-K - Grade 5 must check in with a parent/caregiver.

In the event of an increase in the level of community transmission, summer programming may be disrupted. If it is necessary to cancel a class or activity you will be contacted by text message and email. To avoid inconvenience, please be alert to these messages. Thank you in advance for your cooperation.