Red Cross swimming lessons will look a little different in the new year, to align with updates to the Re-Open Saskatchewan Plan and the Canadian Red Cross Guidelines.

- Water Safety Instructors will deliver lessons from the pool deck.
- Swimmers and parent/guardian should always stay 2 metres apart from those not in your group and 3 metres apart when participating in the lesson.
- Lesson and participant numbers will be adjusted in order to maintain physical distancing requirements.
- Participants can bring their own goggles and swim caps that can not be shared.
- Only the parents/guardians of parented lessons and children participating in lessons will be allowed on the deck. If required, parents/guardians of non-parented lessons, are permitted to bring their children onto the deck but will NOT be permitted to stay during the lesson.
- Rescue skills in Swim Kids 5-10 will be modified/removed so that participants do not come into contact with each other.
- Red Cross Preschool programs (Sea Otter, Salamander, Sunfish, Crocodile, Whale) and Swim Kids Level 1-3 programs have been changed as parented lessons to ensure physical distancing. A parent/guardian is required to be in the water for the entire lesson to assist swimmers.
  - One parent/guardian per lesson participant.
  - One parent/guardian can assist multiple participants from the same household if in the same lesson.
  - Deep water activities for these levels will be changed to chest-deep water (where applicable) to accommodate parents/guardians who may not be comfortable in deep water.
  - Non-medical masks are required in all public indoor spaces including the changerooms and on pool decks. Masks should be removed before entering the water.

City of Regina Participant Information

- Please answer screen questions on the door. Only enter the facility if you answer NO to all the following questions:
  - Do you or anyone in your household have a temperature greater than 38°C or 100.4°F, cough or shortness of breath?
  - In the past 14 days have you returned from travel to any other locations outside of Canada? Travel includes passing through an airport.
  - In the past 14 days have you had close contact with someone who is confirmed as having COVID-19?

- To get the most out of your lesson, come prepared for your lesson to limit the amount of time required in change rooms.
- Do not arrive more than 5 minutes prior to your scheduled lesson.
- Water fountains will be closed due to provincial government restrictions. Water fill stations will be available.