

Hello!

Welcome to Folkhälsan's swimming school at the _____ indoor swimming pool, on the (datum).

The pupil has a place in group (gruppnamn) at (tid).

Important things to remember regarding swimming school:

Hygiene

It is important that all pupils shower without a swimming suit before the swimming school begins.

The hair needs to be showered as well.

Long hair needs to be put up (for instance in a ponytail). It is also possible to use a swimming cap.

The pupils should not have hair in their eyes when swimming and diving.

Safety

Safety is the most important element in swimming school. That is why we follow a few safety rules.

We start by calling out the pupils by name at the pool. The pupils are now the swimming teachers responsibility.

Pick up your child in time, after the swimming class is finished. The swimming teacher teaches another group immediately after.

It is absolutely forbidden to run at the indoor swimming pool. Slipping accidents happen very easily.

Tell your child to always walk carefully in the indoor swimming pool area.

Everyone needs to follow the instructions regarding the coronavirus and safety in the indoor swimming pool area.

We follow the authorities recommendations.

Education

The pupils have a possibility to receive FSL's swimming badges during swimming school.

If you have a swimming book from earlier swimming courses (where the badges are kept), make sure to hand it to the swimming teacher during the first time of swimming school.

Feel free to talk to the swimming teacher if you have any questions regarding your child's results in swimming school, or about the education itself if you have other questions.

Registering and parents

Tell the staff at the swimming pool's cash register that your child is participating in the swimming school.

The pupils shower on their own and meet the swimming teacher at the pool when the swimming school starts.

Note! Parents are allowed to follow their child through the changing room to the pool (make sure to remove your shoes and socks).

According to the rules of the swimming pool parents have to pay regular fee for swimming and change to a swimming suit if wanting to stay on the pool area and watch the swimming education.

Additional information

We wish that all pupils use swimming goggles. Diving masks are not allowed.

Pupils need to use the toilet before swimming school starts.

Make sure that your child is not freezing when swimming school starts.

It is allowed to use a wet suit.

The wet suit needs to have a good fit so that it keeps the child warm.

Wet suits that are too big in size are not good to use.

Put a bathing suit under the wet suit.

It is important to remember that it is not possible to show swimming skills if the pupil is wearing a wet suit.

Note! According to the rules of the swimming pool all children that are over the age of 7 have to go on their "own" side of the changing rooms, which means girls go in the women's changing room and boys go in the men's changing room.

Safety and coronavirus

We follow common safety rules during the whole stay at the indoor swimming pool:

- Keep a 2 meter distance to other people in the changing room, shower room and at the pool.
- We will not be able to constantly keep distance in our own groups.
- The pupils shall not touch each other, but the swimming teacher may touch the pupils if the swimming education or safety requires so.
- All pupils that are the age of 12 or over the age of 12 need to use a mask.
- Sneeze/cough in the bend of the arm.
- Use hand disinfectant/wash your hands.
- Do not arrive sick to the indoor swimming pool. You have to be completely well to participate in swimming school.

Special needs

Make sure to notify the swimming teacher on beforehand if the pupils has special needs or anything else that needs to be taken in consideration in the swimming education (e.g. allergies, illnesses).

Payment

The swimming school is paid before the swimming school starts.

Account number: (kontonummer och mottagare)

Amount:

Reference number: not needed. Write your child's name and swimming school as message.

The swimming teacher is _____ and the playleader is _____.

Feel free to contact us if you have any questions. We hope that you will thrive in swimming school!

Best regards,

Namn

Simombud

Folkhälsan in _____

Email/phone number