



AFC 2021  
COVID-19 OPERATIONS  
As of May 24, 2021

## AFC Guidelines for Private Swim Instruction

The instruction and teaching of swimming skills are an integral part of the Arlington Forest Club's mission. People of all ages benefit from swimming as a form of exercise and even as a safety precaution.

The following are the parameters for private swim lessons during the COVID 2021 season. While lessons are taking place, lifeguard instructions, general club rules, and current COVID guidelines are in effect. We expect instructors to be familiar with the rules and guidelines of the Club.

### Instructor Guidelines

- Instructors can sign-up for the "instructor list" kept at the front desk.
- Review and confirm Self-Assessment Procedure posted on the AFC Website and verbally acknowledge at AFC Check-In having had no symptoms in the prior 14 days and if you have received the C-19 vaccine
- Check-in at the front desk. Guards will be using eSoft, to ensure we have a record of who is at the pool.
- As much as possible, if you have not yet received a Covid 19 vaccine (full shots + 2 weeks), please wear a mask when working in shallow areas. When coaching from the sidelines or the deck, a mask is also recommended.
- Please disinfect any teaching aids such as noodles, kickboards, etc., between every different student or lesson.
- Keep in mind that members can stay at the pool for up to two (2) hours, which will allow room for other users.

Members of AFC can sign-up for private swim lessons by contacting one of the AFC member instructors on the instructor list. (Available on the AFC website or at the front desk).

- There are no reserved designated pool areas in 2021; please be aware that other families will be sharing the pool when your student may be having a lesson.
- Lap lanes must be shared with other AFC members wishing to swim laps.
- Lessons can be scheduled when the pool is open for general membership swimming. No lessons for 18 and under on Sundays from 10 am to 1 PM during Adult Swim hours. check calendar for event conflicts (e.g., Swim and Dive pool closures).