



2021 HPA SUMMER AQUATICS ACADEMY

SESSION 1 - JUNE 1 TO 11 • SESSION 2 - JUNE 14 TO JULY 1

HPA DOWSTT POOL 65-1692 KOHALA MOUNTAIN ROAD, KAMUELA, HAWAII, 96743

2021 HPA SUMMER AQUATICS ACADEMY - LEARN TO SWIM AND DIVE

SESSION 1: JUNE 1 TO 11, TUESDAY - FRIDAY (NO LESSONS ON MONDAY) TWO WEEK SESSION \$120

REGISTER HERE: <https://cui.active.com/sports-reg/login?a=7916c196-a5f6-4b83-bbb6-790dcf23d5f9>

SESSION 2 - JUNE 14 TO JULY 1, MONDAY - THURSDAY (NO LESSONS ON FRIDAY) THREE WEEK SESSION \$170

REGISTER HERE: <https://cui.active.com/sports-reg/login?a=2c653517-4692-4ee2-b10a-ebf4ace45322>

We are excited to be able to offer your family lessons. Due to COVID-19, you'll notice various changes in the way our facility looks as well as new protocols. We understand these changes may be difficult. Our goal is to collaboratively ensure you feel safe and secure so together we can navigate the complexities of our "new normal."

Here are some things our team has implemented to help keep our facility safe for our families:

- Staggered start times so fewer people are on-site at one time.
- Storage of personal belongings completely contained in personal bags.
- Designated spectator locations 6 feet apart
- ONE adult may accompany the swimmer at the swim facility

Here are some things we expect you to implement to help keep our facility safe:

- **Stay home if you feel sick.** This includes symptoms like frequent cough, shortness of breath, fatigue/tiredness, congestion or runny nose, sneezing, fever, difficulty breathing, chills, muscle pain or body aches, nauseous or vomiting, diarrhea, headache, sore throat, fever, a recent loss of smell or taste. All persons entering the pool area must complete our facility health screening.
- Before leaving home, use the bathroom and wash your hands with disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available. **Bathroom use:** one stall will be available for emergencies, one swimmer only. *PLEASE have your swimmer use the bathroom at home before coming to the pool.*
- **Face masks** will be worn by swimmers and coaches when arriving, checking in for health screening, when leaving the pool, or when closer than 6' to anyone. Face masks will not be worn in the pool.
- **No one is permitted** to congregate in the parking lot or on the HPA campus.
- Swimmers follow all directional signage for entry to the pool arriving on time, **NOT EARLIER.** If you arrive on campus early, please wait in your car until a few minutes before your start time.
- Swimmers will arrive at the pool prepared to swim with swimsuit on. No locker rooms, showering, or deck changing.
- Do NOT share equipment, towels, or water bottles.
- Do NOT touch other swimmers or swim instructors (no hugs, high fives, shaking hands, etc.)
- Swimmers will depart the pool area immediately after class is over, 6 feet apart from others.
- Swimmers/guardians who do not follow these rules will be removed from the session, NO REFUND GIVEN.
- Travel is highly discouraged. In compliance with HPA policy, anyone who has recently traveled must remain off campus for 5 days and receive COVID-19 test on or after their fifth day on Hawai'i Island, and provide proof of a negative result.
- ***Inform Coach Sarie immediately and do not come to the pool if you or someone in your household is self-monitoring or suspect possible exposure to COVID-19.***

2021 HPA SUMMER AQUATICS ACADEMY

It is a top priority to ensure all swimmers and our staff are safe. With this in mind, lessons may be canceled due to hazardous weather or pool conditions and/or HPA's COVID-19 Safety Policies and will not be able to be rescheduled.

BEGINNER +1 - *an adult is required to be in the water with the child.* (Ages 12 months to 4 years)

The instructor will facilitate the learning process between **parent and child in the water**, in a fun, relaxed environment. Skills are taught through repetition activities, games, and songs. Beginners will learn water safety skills, proper breath control, floating, gliding, kicking on front and back, and rolling over from front to back without support.

BEGINNER - (Ages 4+ years)

Beginners will learn water safety skills, proper breath control, floating, gliding, kicking on front and back, and rolling over from front to back without support. Students will then learn basic freestyle first without breathing then we will teach breathing techniques. Swimmers will learn backstroke, the sitting dive, streamline kick, and retrieve items from the bottom of the pool.

INTERMEDIATE (Ages 4+ years)

PREREQUISITES: Child must be able to float and kick on the front and back without support and swim freestyle for 5 yards without breathing. Students will work to be more efficient at freestyle, side breathing and basic backstroke. They will work on standing dives and retrieval of items from the bottom of the pool.

ADVANCED

PREREQUISITES: Child must exhibit 20 yards of a clean freestyle and proper backstroke. Students learn bilateral freestyle breathing and build endurance and technique. They will learn to tread water, somersault, flip turn, and perform standing dives.

PRE TEAM:

PREREQUISITES: child must have mastered the freestyle with bilateral breathing and the backstroke for 25 yards.

This class teaches the breaststroke and butterfly, competitive starts and turns while continuing to improve freestyle and backstroke endurance and technique.

DIVING

PREREQUISITES: students must be able to swim 15 yards unassisted. Beginning divers will start with the fundamentals and safety, learning the proper forward approach and backward press, as well as how to enter the water safely head first and feet first. We'll focus on proper body position and control. After mastering the basics, we'll move on learn dives and flips in different categories (front, back, reverse and inward) and different positions (tuck, pike and layout).

BEGINNING WATER POLO (Ages 9-13 years)

PREREQUISITES: player must be able to swim 50 yards, freestyle. Swimmers will learn the fundamentals of water polo including egg beater kick, ball handling, passing and shooting.

**Registration fees are non-refundable.
Parent supervision is required.**

ASSUMPTION OF RISK AND WAIVER LIABILITY RELATING TO CORONAVIRUS/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

HPA Aquatics Academy has put in place preventative measures to reduce the spread of COVID-19; however, HPA Aquatics Academy cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending HPA Aquatics Academy programming could increase your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending HPA Aquatics Academy programming and that such exposure or infection may result in personal illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at HPA Aquatics Academy may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Team employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any illness to my child(ren) or myself (including, but not limited to disability, and death), damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at HPA Aquatics Academy or participation in HPA Aquatics Academy programming ("Claims"). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless HPA Aquatics Academy its employees, governing board, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of HPA Aquatics Academy its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any HPA Aquatics Academy programs.

A parent/guardian must sign this waiver to complete registration. It can be found on our online registration website. Link to the registration website can be located in the email that had this document attached.



QUESTIONS, CONTACT COACH SARIE BY SIMONEN@HPA.EDU

**ALL LESSONS WILL BE HELD AT HPA'S DOWSTT POOL
65-1692 KOHALA MOUNTAIN ROAD, KAMUELA, HAWAII, 96743**

