Poolside Rules

Please read the following important information before entering the poolside:

- No Running
- No Jumping in shallow water
- No Fighting
- No Jewellery
- Wash hands before going into the pool
- Go to the toilet before going into the pool
- No eating/chewing
- Hair to be tied back

Pool Safety Procedures:

- One short blast of whistle- This is to attract attention and is usually followed by some instructions.
- Two short blasts of the whistle- Attracting the attention of lifeguard/swim instructor.
- Three short blasts of the whistle- Lifeguard/Swim Instructor is taking emergency action.
- One Long blast of the whistle- Get out of the pool, stand against the wall. Await further instruction.

Alarms:

- The Leisure Centre has two alarms on poolside. A Fire Alarm and an Emergency Alarm. Occasionally both alarms will 'sound'. This may be a drill, an accidental activation or an emergency. On hearing the alarm, please act sensibly and follow all instructions given to you by a member of staff. If there is an emergency, you may be asked to leave the poolside to a point of safety. You will remain there until the Emergency Services arrive and the incident is dealt with.

School Swimming Programme Rules:

Clothing – Girls should wear a full costume; no two-piece sets such as a Tankini or Bikini are permitted. Boys should wear Swim Shorts (No long length shorts that fall below the knee) or Trunks.



Goggles – Can be worn. Please bring your own set of Goggles to each lesson and make sure that they are correctly fitted before arriving on poolside.

Hair – All hair must be tied back with a bobble or with a hat. Please remove any hair products such as wax, gel and hairspray prior to the lesson commencing.

Jewellery – All jewellery **must be removed** before each lesson commences. If your child arrives on poolside wearing any item of jewellery, they will be asked to remove it before entering the water. **Please note that the School Swim Team will not be held responsible for any items that are removed and may be lost or damaged as a result.**



Medical Conditions – The School Swimming Team politely request that you report all medical conditions before the Swimming session commences. The School Swimming Team may need to put provisions in place to accommodate these requirements. A Risk Assessment may also need to be completed prior to any sessions commencing at each site.

Health Concerns – Please ensure that your child is fit and well before attending each lesson. Any recent illnesses such as a Sickness Bug, Diarrhoea, Influenza, Covid 19, must be reported to the Swimming Team asap. Unfortunately, due to Health & Safety regulations your child will not be permitted to attend a lesson should they be subject to any of these conditions. All cuts and grazes must be covered with a waterproof, sealable plaster. A Verruca should be treated using medical applications, creams or gel.

