

# SWIM SAFELY

- Under 8's and non-swimmers under 16 must be accompanied by a competent adult swimmer
- No more than two under 8's or non-swimmers under 16 to each competent adult swimmer
- The competent adult swimmer must actively supervise under 8's and non-swimmers under 16
- Under 8's and all non-swimmers must remain in shallow water
- We strongly recommend under 8's and all non-swimmers use armbands and/or an appropriate buoyancy aid.

## Advice to adult non-swimmers

- It is recommended that non-swimmers over the age of 16 are accompanied in the water by a competent adult swimmer.

## Swimming is fun and enjoyable for everyone – please help us to keep it that way

### Swimming pools – The rules

1. Please listen to our qualified lifeguards. They're experienced, trained and here to ensure everyone has a fun but safe time
2. Under 8 or can't swim? You should stay in shallow water and have a competent adult swimmer to actively supervise you
3. Only two non-swimmers or under 8s per competent adult swimmer
4. If you're not sure you're fit enough to swim, please consult your doctor. It's very important if you have any health problems (such as heart trouble, impaired hearing, sight or mobility, difficulty breathing, epilepsy or diabetes), to talk to your doctor before swimming and inform staff of any special requirements you may have
5. Please do not swim if you have had an upset stomach within the last two weeks
6. Avoid swimming within two hours of eating or if you are under the influence of alcohol, medication or anything else
7. For your safety, running, bombing, back diving, petting, fighting or using face masks and snorkels are not permitted
8. Always check the water is clear if you intend to jump in the pool. Don't push others in for a joke, as this is very unsafe
9. Diving is allowed in designated areas only – please look out for the signs
10. Please remember to shower before and after you swim.
11. All swimmers must wear clean swimming costumes or trunks – cut-off jeans and other improvised costumes are not allowed. We make exceptions for religious or medical reasons; please speak to a member of staff for advice
12. Spectators can watch from the designated gallery / viewing area, not from the poolside.

### Did you know?

- In 2009, 405 people drowned in the UK. Five of them were in swimming pools
- Drowning is the third most common cause of accidental death of under 16's
- Open water is often colder than a swimming pool, which can affect the swimming ability of even the strongest swimmers
- Signs, flags and notices are often placed to warn you of danger. Know what the signs mean and do what they tell you.

*Thanks to the Royal Society for the Prevention of Accidents [RoSPA] for these facts.*



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the feel good place

## To help you enjoy a safe swim we will:

- Provide pools that are staffed at all times by qualified lifeguards
- Ensure swimmers are made aware of the pool depth and potential hazards with clear signs and notices
- Wherever possible, provide audible / visual warnings before starting up pool features like water slides
- Ensure all staff are aware of safety procedures in case of emergencies
- Make daily checks to ensure all equipment is safe and in working order
- Offer a balanced programme of activities for all the community
- Offer a range of swimming lessons to suit all ages and abilities
- Have a full range of floats, swim rings and armbands for sale
- Provide clean changing rooms, toilets and pool surrounds.

### How to become a good swimmer

The best way to swim safely is to swim well. We recommend having swimming lessons that are held in our centres every week for people of all ages. Speak to a member of staff about this today, or book online at [www.sportscourses.org](http://www.sportscourses.org)

*"I would like to take this opportunity to say a huge thank-you to Adam for his dedication and focus during the swimming lessons. Joseph has made huge progress with Adam; he is an exceptional teacher who brings out the very best in his young students. His no-nonsense style combined with lots of praise for the children when they reach their goal, is the perfect combination for small children who are eager to achieve but lack the concentration of their older peers. Please pass on my thanks to him."* **C. Gibson**

*"Alex is now a confident swimmer and continues to having swimming sessions with his school. Thank you for teaching him over the past 4 years, you've done an excellent job !!!"* **C. Wood**

### Why should you learn with us?

Our lessons are extremely well structured, with a carefully designed curriculum that provides a quick and efficient learning curve for children and adults. Here's what some of our customers have to say:

## Advice when swimming in pools and open water

Summer sun makes outdoor swimming very tempting for cooling off and it's often an important part of most holidays. However it is important to follow these precautions:

### Do...

- take safety advice and follow rules
- swim with others
- check whether the tide is going in or out and swim parallel to the shore, but not too far out
- stay clear of boats, as they take time to change direction and may not even see you
- spot the dangers like hidden currents, pollution, unsafe areas
- learn how to help, even if it's just to dial 999.

### Don't...

- swim alone
- push or dunk anyone into the water
- go out of your depth unless you're a strong swimmer
- swim anywhere that you are not sure if it is safe
- swim if danger flags are flying
- swim near piers or breakwaters, as the currents here may be very strong
- put yourself in danger
- underestimate the depth, temperature and current of the water.