



## ALL USERS' SWIMMING POOL SAFETY GUIDE\*

### ❖ **Spot the dangers:**

Take care, swimming pools can be hazardous. Water presents a risk of drowning and injuries can occur from users hitting the hard surrounds or from misuse of equipment.

### ❖ **Users Should:**

- Always swim within their ability.
- Never swim after a heavy meal or alcohol.
- Avoid holding their breath.
- Be especially careful if they have a medical condition such as epilepsy, asthma, diabetes, or a heart condition and inform staff of any such condition before swimming.

### ❖ **Check new places:**

Every pool is different so always make sure Users know how deep the water is, where the shallow and deep ends are and where diving is permitted.

## JUNIOR USERS' SWIMMING POOL SAFETY RULES

- ❖ All Juniors (children aged 0–15 years inclusive) must be supervised at all times by an adult on poolside or in the water in accordance with the provisions below:
  - ❖ One adult, **who must be in the water**, may supervise no more than one child aged 0-4 years OR no more than two children aged 5-8 years old.
    - Provided that the Juniors are competent swimmers, an adult **may** supervise a maximum of three juniors (aged 15 or under) by being on the poolside or in the water.
    - Accompanying adults **MUST NOT** leave children under 16 unattended in the Centre.
  - Note:** A member of Canons Staff may require the Junior to undergo a short assessment to demonstrate their competence before the parent may supervise from outside the water.
  - ❖ Under 16-year-olds who are weak or non-swimmers must have adult supervision on a **two-to-one** basis in the water.
- ❖ All non-swimmers must remain in shallow water. There are signs around the poolside showing non swimmers where it is safe to swim.
- ❖ We strongly recommend all non-swimmers use armbands and/or an appropriate buoyancy aid.
- ❖ Swim testing by the lifeguard may be implemented to check the ability of swimmers before they are allowed into deep water. This will be at the discretion of the lifeguard on position.
  - The swim test requires swimmers to swim one length of the pool (25m) in a recognized swimming stroke without stopping and to tread water for 30 secs in the deep end.
  - Swimmers who do not pass the swim test will be required to stay within shallow water under the supervision of a competent adult who will need to be in the water.
    - If parents/guardians are unable to adhere to the above safety rules, then all swimmers may not be allowed to continue swimming. This is for the safety of all swimmers.
    - It is extremely important adults ensure they have the right supervisory ratios before turning up to swim, to ensure all visitors can enjoy their swim.

**Failure to adhere to these Safety Rules may result in you being asked to leave poolside. Repeat offences could result in the termination of your membership.**