

# SWIMMING POOL SAFETY

## POOL RULES

### ADMISSION POLICY

#### Do all children need to be accompanied?

- All children **UNDER THE AGE OF EIGHT** must **ALWAYS** be accompanied in both the water and changing rooms during public recreational swimming sessions by '**AN ADULT**' (16yrs+ or the parent of the child).  
(Sessions under direct instruction of a coach or teacher will have alternative guidelines.)

#### How many children can one adult supervise?

- **ONE** adult can supervise a maximum of **TWO** children under 8 years old. Both children must be in the same pool, either main or learner pool.  
(This ratio also includes Pool Birthday Parties.)



### HYGIENE AND GENERAL SAFETY

- It is recommended that you should wait an hour before swimming following a meal.
- Please use the overshoes provided or remove outdoor shoes before entering the changing areas.
- All infants or incontinent individuals must wear a nappy, rubber or plastic pants whilst in the pool.
- Please use the pre swim showers before entering the pool.
- Customers using the pool stepladders should climb into the pool facing the ladder and hold both rails. Disabled steps should be accessed facing the water.
- Glass bottles and containers are prohibited on the poolside.
- Lifeguards are here to help and assist you during your visit; they are on duty to enforce rules for your safety. They need to be very observant and are constantly watching you and the pool, please try not to distract them.
- Public may bring their own sinkable items into the pool, they must be soft/padded (this includes balls). No Lillo's, dinghy's, or large inflatable rings. These objects will not be provided by the centre.
- Please do not hang on the lane ropes when they are in the pool.

#### DIARRHOEA

**Do not** use the pool if you have or have had diarrhoea/vomiting, wait until your symptoms have stopped for 48 hours. If diarrhoea is unexplained you should wait 14 days after the symptoms have stopped before using the pool.

#### POOL ETIQUETTE

- Swimmers must wear the appropriate swim wear. (Trunks or shorts above the knee, no t-shirts, unless prior consent from the management and if consent given, you must abide by any specific guidance by lifeguard otherwise you must not pass the non swimmers sign.)
- A person that appears to be under the influence of alcohol or drugs will not be allowed in the pool.
- No running, pushing, bombing, boisterous or rough play.
- No food, mobile phone, outdoor shoes or general spectators on poolside. Only water or diluted drinks in plastic drinks bottle allowed.
- Please keep away from lifeguards patrolling areas.
- When lane swimming you must follow the lane direction in which the sign are on poolside.
- No flippers / snorkels / masks to be used in Public Swimming.

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# HYGIENE AND GENERAL SAFETY

## DIVING

- Diving maybe stopped at any time during busy times.
- Diving is only permitted in water depth of 1.7m at The Louisa Centre or 1.8m at Consett Leisure Centre.
- Only forward facing static racing dives are permitted.
- No Bombing

## NON SWIMMERS/WEAK SWIMMERS

- Non and weak swimmers must not be allowed past the non swimmers point.
- Anyone using armbands or swimming aids must not be allowed past the non swimmers point, even if they are accompanied by an adult.
- Swimming aids i.e. arm bands, baby seats and small rings are permitted and must be of the appropriate Standard. (BS EN).
- Anyone using a woggle as a swimming aid must stay in shallow water (non swimmers point). Any equipment used as a training aid, permission must be given by a lifeguard and used appropriately. (No flippers, snorkels and masks at any time)
- All children under 8 must be accompanied by an adult at all times. (No more than an arms length away.)
- No non swimmers or weak swimmers are allowed on the inflatable. (There is a separate rule list for Inflatable, which will be displayed during this session)

## SWIM TEST

- A person should be able to swim 50m continuously in a recognised stroke confidently (front, not doggy paddle) (face does not have to be in the water). They should also be able to demonstrate that they could continue swimming and have not tired. (Guidance: CIMPSA GN014)

## POOL INFLATABLE

- When exiting the inflatable you must EXIT feet first (no diving).
- Weak and non swimmers will not be allowed to use the inflatable, if the lifeguards are unsure of a swimmers ability you will be asked to do a 50m swim test prior to using the inflatable.
- No sharp objects to be taken on inflatable i.e. locker keys
- Only 2 people may use the inflatable at any time.
- If the other person on the inflatable slides off the end first please ensure the landing area is clear prior to exiting keeping to your side of the inflatable.
- Please queue for the inflatable as instructed by the lifeguard.
- No running or jumping on to the inflatable from poolside.
- No hanging on to the anchor ropes.

## POOL SLIDE

- Any child under 1.2m must be accompanied by an adult on the slide.
- When using the slide you must you must sit feet first or lie on your back (no kneeling).
- No goggles are to be worn when using the slide.
- Please ensure you exit the catch tank quickly.
- Please queue for the slide as instructed by the lifeguard.

## THANK YOU



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