

SWIM SAFELY

“HI THERE FELLOW SWIMMERS! BEFORE TAKING YOUR DIP, PLEASE MAKE SURE TO FOLLOW THESE IMPORTANT RULES”



- Non-swimmers and under 8s must be accompanied by a **competent adult swimmer**
- **No more than two** non-swimmers or under 8s with each competent adult swimmer
- The competent adult swimmers must **actively supervise** under 8s and non-swimmers
- Non-swimmers must **remain in shallow water** and it is **strongly recommended** that they use armbands and/or rubber rings.

**THINK SAFETY,
SWIM SAFELY**

SWIMMING IS A FUN AND ENJOYABLE ACTIVITY FOR ALL THE FAMILY, PLEASE HELP US TO KEEP IT THAT WAY

SWIMMING POOLS - THE RULES

1. Follow lifeguard instructions at all times
2. Non-swimmers and under 8s must be accompanied by a **COMPETENT ADULT SWIMMER**
3. No more than two non-swimmers or under 8s to each competent adult.
4. The competent adult swimmer must actively supervise under 8s and non-swimmers
5. Non swimmers must remain in shallow water, we recommend that non-swimmers use armbands and/or rubber rings
6. If you are in any doubt of your fitness to participate in sports activities please consult your doctor. Customers with any health problems (eg. heart trouble, impaired hearing, sight or mobility, difficulty breathing, epilepsy, diabetes etc) must consult their doctor before swimming and inform staff of any special requirements
7. Please do not swim if you have experienced an upset stomach within the last two weeks
8. Please do not eat less than 2 hours before swimming. Do not swim if you are under the influence of alcohol, medication or other intoxicating substances
9. Please refrain from running, bombing, back diving, petting, fighting or using face masks and snorkels
10. Diving is permitted in designated areas only – look for signs
11. All bathers must wear clean swimming costumes or trunks, cut off jeans are not permitted. Exceptions to this are only for religious or medical reasons
12. Spectators are not allowed on poolside
13. Don't jump in without checking if there is someone below and **NEVER** push someone in as a joke
14. Please remember to shower before you swim



THINK SAFETY BEFORE YOU GO SWIMMING... WHY?

There were 427 drownings in rivers, lakes, canals, ponds, the sea, in pools and even in the bath in 2002.

Drowning is the third most common cause of accidental death of under 16s. 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.

Source RoSPA

DON'T FORGET WATER SAFETY ON YOUR HOLIDAY!

4% of drownings happen in swimming pools, the summer sun makes outdoor swimming very tempting to cool off and it is an important part of most holidays so be sure to follow the points above – Think Safety and Swim Safely!

SWIMMING IN OPEN WATERS (LAKES, RIVERS, SEA... ETC)

NEVER SWIM ALONE

- If you are not sure if any area is safe for swimming – don't swim there
- Never swim if danger flags are flying
- Check whether the tide is going in or out
- Don't swim near piers or breakwaters, the currents here may be very strong
- Swim parallel to the shore, don't swim too far out
- Stay clear of boats, they take time to change direction and may not even see you

TO HELP YOU ENJOY A SAFE SWIM WE WILL:

- Provide pools that are staffed at all times by qualified lifeguards
- Ensure that swimmers are made aware of pool depth and potential hazards with clear signs and notices
- Provide audible / visual warnings prior to operation of pool features
- Ensure all staff are aware of comprehensive procedures in case of emergencies
- Undertake 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
- Offer a full range of floats, swim rings and armbands for sale
- Provide clean changing rooms, toilets and pool surrounds