

## Health and Safety Information for users of the Pool and Changing Rooms

Everyone entering the pool and changing area must abide by the Normal Operating Procedures issued by MITIE Facilities Management. Below is a summary of these procedures, a full copy is available on request.

### **Safety**

Do not leave children unattended. Please be aware that Swim Scheme staff are not responsible for the children while they are in the changing rooms, school corridors and car park.

### **Lockers**

Items left in the changing rooms is at the owners risk. We strongly recommend that you use the lockers that are located in both the male and female changing rooms. They take a £1 coin that is returned when the locker is re-opened.

### **Poolside**

Please do not enter the poolside if there is no lifeguard or teacher present.

No buggies or prams can be taken on to the poolside.

No mobile phones, cameras or video equipment to be used in the pool or changing area.

Please ensure that children who are not swimming stay on the bench and do not wander around the poolside.

Please do not block fire exits.

Please remember that no food or drink is to be taken on to the poolside and unfortunately this must include snacks/sweets and drinks for younger children who you may bring with you.

### **Illness**

Please do not bring children swimming if they are unwell. Children should not swim directly after eating, the following guidance should be followed: After eating a light snack allow between 1 and 2 hours before entering the water and after a meal between 3 and 5 hours.

### **Long Hair (Boys and Girls)**

Hair should be tied back using a band or bobble (please do not use sharp clips or slide). Swimming caps can be worn.

### **Goggles**

Children wear goggles at their own risk. Parent must be responsible for adjusting and ensuring that the goggles fit correctly to prevent injury.

### **Swimwear**

Appropriate swimwear should be worn. Loose fitting beach/surfer type shorts are not suitable for swimming lessons as they inhibit some of the swimming activities. Girls should wear swimming costumes not bikinis.

### **Plasters**

Please remove any plasters before entering the pool.

### **Changing Rooms**

Children over the age of 8 must use the correct changing room for their gender. Parents bringing younger children should use the correct gender changing room appropriate to the parent.

### **Jewellery**

No jewellery is permitted in the pool, including earrings. If earrings cannot be taken out then a swimming cap must be worn.

### **Poolside Contamination**

Please remove any footwear that has been worn outside to prevent contamination of the poolside.

Wheelchair users and less able bodied spectators should remain within the delegated area located by the medical room at the shallow end of the pool.

Thank you for your co-operation in these matters.