

**SWIM
SAFE**

eastayrshireleisure.com/swimming



**GOOD POOL
PRACTICE**



WATER SAFETY TIPS

We want to ensure that you get the most from your swimming experience. That's why we've created some top tips on what you can do to keep yourself and others as safe as possible around the pool.



During swimming lessons, children 7 years and under cannot enter the water before or after their lesson unless accompanied by an adult. Parents and guardians are required to remain in the venue during lessons.

If you suffer from any medical conditions, such as epilepsy, which may affect your safety in the pool please notify our reception team. Please consult your doctor if in doubt before participating in any swimming activities.



Please get to know the pool before you swim, Get to know the depth and zones and look out for any information posters.

Please do not hold your breath under water for long periods of time and you should never do this while floating face down.



WATER HYGIENE TIPS

It's important that we all have high standards of hygiene around the pool to protect you and your family, and to ensure we keep the highest water quality possible. Here's some top tips to keep everyone safe and healthy



Children that wear nappies must wear special baby costumes or swim pants. These are available to purchase at selected venues.

Swimming on a full stomach is a bad idea as there is a risk of cramp.





Swimmers should not enter water that is out of their swimming depth.

Children over the age of 8 who cannot swim or are weak swimmers may also require supervision of a similar level to children under this age band.

The parent/guardian responsible for the child must consider the child's ability and arrange appropriate supervision.



When using the pool please take into account your own swimming abilities. We encourage you to speak to a member of our poolside team and inform them.

Babies under 6 months old may find the water temperatures and chemicals cause irritation to their sensitive skin.

Please take extra care when entering the water and keep an eye on your little one's skin for irritation.



Please listen to pool staff, they are there to ensure your safety and make your experience more fun.



If you are suffering from a cold, flu or other infectious illnesses please do not enter the pool as this can cause harm to other users.

Please use the showers provided before entering the pool. This will keep the swim water clean. Swimwear must be worn at all times when showering.



If you have had diarrhoea within the last two days or cryptosporidiosis within the last 2 weeks, please refrain from swimming.

To ensure that your children are always using the safest flotation devices, we strongly advise that you only use approved devices.

Parents are advised to use only approved flotation devices compliant with BSN 13138 parts 1-3 – Buoyant Aids for Swimming Instruction as confirmed by the  mark.

It warns that armbands should be worn under competent supervision and should be worn on the upper arm only. Approved armbands are endorsed with the standard EN 13138-1:2003 or later and marked .

If the device doesn't have either of these marks, we strongly advise against using them. Remember, devices such as armbands should only be used as instructed and under competent supervision.



VIDEO & PHOTOGRAPHY



The use of video or any photographic equipment is not permitted to be used within this venue unless authorised to do so. Please ask venue management for authorisation.

ADMISSIONS POLICY

Children under the age of 8 years must be accompanied by an adult of 16 years and over at all times.



UNDER 4

Children under the age of 4 years must be accompanied by 1 adult to every child.

4-7 YEARS

Children aged 4-7 years must be accompanied by 1 adult to 2 children.



*A parent as highlighted is someone who is over the age of 16 or younger if the individual is the biological parent of the child/children.

Children must be supervised at all times.