



## **Parents Information and Basic Pool H&S Rules**

**Prams & Pushchairs:** All prams, pushchairs etc must be left in the Reception area at all pools except JHS Sports Centre.

**Food:** No Food is to be brought onto the premises at any time.

**Nappies:** Without exception, all babies/toddlers who are not completely “potty” able / toilet trained, regardless of age, must wear the double swim nappy system. This is a proper swim nappy or liner along with the neoprene nappy over the top. No swimmers will be permitted to swim without this. Our Teachers will return swimmers to parents if they see that the correct nappy is not being used and no refund will be issued for the missed lesson. We must protect the cleanliness of our pool. All used nappies must be taken away with you, not left in changing room bins.

**Safety and Safeguarding:** Parents must stay on the premises at all times and must stay in the changing rooms with their swimmers before class and must be there ready and waiting in the changing rooms for their swimmers to be returned to them at the end of their class.

**Photography / Filming:** No photography or Filming at any time.

**Eating before class/Sickness/Colds:** Parents please do not feed your children before class. Please do not let them swim if they are feeling unwell. It is not fair to other swimmers or our staff.

**Changing Rooms:** Dad’s who bring Girls must go into the Boys changing rooms and Mums who bring Boys must go into the Girls Changing Rooms.

**Swimming Hats:** Hats are recommended to be worn by all swimmers with long hair. If swimmers do not like wearing hats then hair must be securely tied up and back before coming through to class.

**Goggles:** Only wear goggles if needed. It is better to learn to swim without them if possible.

**Pool Shoes/Flip Flops:** Children must be sent through to start their class in bare feet. No shoes are to be brought poolside, they are a trip hazard for others.

**Talcum Powder:** Please do not bring talcum powder onto the premises.

**Pools and Viewing Areas:** Parents watch in a viewing area at Lee Chapel and James Hornsby Pools and sit poolside at Quilters and Earls Hall.

**Parents Watching Swimmers:** Viewing area space is limited, if you have more than one person watching your swimmer, please ensure that you offer a “front row” seat to another parent during the class.



**Quilters and Earls Hall:** Parents you must ensure that arms discs are placed on your swimmers (if needed) before you come poolside for safety and any accompanying siblings must sit quietly on your lap at all times.

Parents please do not come through to poolside more than a couple of minutes before start of class.

**Climbing in and Out of the Pool:** Parents, never allow your swimmer to get into the water until they have been seen by their Teacher and they have been instructed to do so. **If you are late for class,** you must stand with your swimmer until the Teacher asks your child to climb in.

**James Hornsby: Coming Through to Pool and Waiting For Class:** Parents please do not send your swimmers into the pool area more than **five** minutes before start time, please ensure that they have been seen by our Lifeguard, ticked into class and have Arms Discs on (if required) before you leave them.

**Returning Children after Class:** Parents please **do not stand in the shower area or come through to pool side at any time (Lee Chapel and James Hornsby)**. Teachers/Lifeguards need room and clear access to pass children back to parents who should be waiting in the changing rooms.

**Changing your Baby:** Always change your baby **on the floor using a suitable changing mat or towel**, which you must bring with you each week. Do not use the benches in the changing cubicles. This is to prevent babies from rolling onto the floor from high surfaces, which can easily happen. Bring a suitable carry chair for baby to sit in safely and place on this on the floor whilst you are changing/changing siblings.

**Changing Cubicles:** All clothes/personal possessions must be placed in / on top of the storage cupboards provided (Lee Chapel). Others need to use the cubicles to change whilst you/your children are swimming. Staff will move anything left in the cubicles and put them in / on top of the storage area.

**Showering:** The showers are for a quick rinse off. All children/swimmers must keep their costumes on at all times whilst under the showers. Both male and female staff will need to enter the changing rooms during their shift.

**Toilets:** Parents must accompany their children to the toilet and ensure that it is left clean and flushed.

**Safety:** Children are your responsibility before and after class, please ensure they are kept safe by following these pool rules.

Please read our full booking T&C's on the website link sent to you at time of booking your place.