

FAMILY ONLY SESSIONS

Where the swimming pool does not have a learner pool and there is customer demand a specially programmed "Family Only Session" maybe provided. These sessions are just for families with young children. During these sessions an additional lifeguard is provided and the deep end of the pool is roped off.

Only during these sessions an adult can supervise up to 2 children under the age of 8 at any one time in both the main and learner pools. Children under the age of 4 must wear armbands when going in the main pool.

For details of when these sessions are available please contact your local sports or leisure centre.

WHAT AGE TO START TAKING CHILDREN SWIMMING

Exposing babies to water early is to be encouraged. Contact with water encourages the desire to swim and reduces the chances of a child developing a fear of water. However it is important to remember that a baby is vulnerable for a number of reasons:

- Babies lose heat more quickly than adults so should not stay in the pool for too long.
- Swimming pools use chemicals to sterilise the water, as a babies skin is more delicate than an adult these may affect the babies skin slightly, although this is uncommon.

- Although the chemicals used in pools makes the likelihood of transmitting infections unlikely it is advisable to wait until a baby has completed the standard course of three injections against diphtheria, tetanus and whooping cough, plus the oral polio vaccine.

The Amateur Swimming Association advise taking a baby swimming to an adequately heated swimming pool from the age of 6 months. Further information is available at www.asa.org.uk

HYGIENE

Customers should shower and use the toilet before entering the pool. This reduces the amount of chemicals required to maintain the pool water quality.

Occasionally children can have "accidents" whilst in the pool. If this should happen and faeces enter the pool please tell a member of staff immediately. It is possible, if the incident is not reported or noticed by the lifeguards, that there will be a risk of gastrointestinal infection to other customers.

Adults with young children are requested to follow the guidance below: -

- Do not bring a child swimming if he/she is feeling slightly unwell, or has recently suffered from diarrhoea in the last 14 days. This is of particular concern if you have just returned from a holiday abroad.
- Children up to 3 years of age or who are not fully toilet trained must wear a purposely designed nappy / costume.

- Encourage children to use the toilet before swimming.
- Ensure children have a full body shower before entering the pool.
- Ask the child to tell you if he/she wishes to use the toilet while swimming. Please do not let him/her "go" in the pool.

NAPPIES / SWIMMING COSTUMES

Ordinary nappies, such as the ones used at home, are not suitable for use in swimming pools, even with a plastic cover. Swim nappies or specialist costumes for boys and girls are available to purchase from swimming pools and other retailers.

Examples of suitable types include: -

- Huggies "Little Swimmer" disposable pants
- Polyottera Trainer Bikini for girls
- Polyotter Trainer Pants for boys or girls

NAPPIES CHANGING / DISPOSAL

When changing your child's nappy, please use the baby changing facilities provided and the nappy disposal bins provided. Please do not change your baby in other areas of the building, such as spectator or café areas, or leave used nappies on the floor, in changing rooms or try to flush them down toilets.

If you can not find the baby changing facilities please ask a member of staff who will direct you.



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Safe Swimming for Children

Advice on the safe use
of East Riding of
Yorkshire Councils
Swimming Pools by
Children

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SWIMMING POOL CHILD ADMISSIONS POLICY

INTRODUCTION

Children can benefit enormously from learning to swim and being confident in and around water. This leaflet is designed to give parents and people involved in childcare all the information they need to introduce their children to swimming. The East Riding of Yorkshire Council recognises the benefits of swimming at all ages and is particularly supportive of those wishing to accompany young children in activity. However, it is also important that reasonable precautions are taken to protect the safety and welfare of all our customers.

DIFFERENT TYPES OF SWIMMING POOL

LEARNER POOLS

The learner pool is a great environment in which to introduce children to swimming. Their water depth, typically 0.5m to 0.9m, is generally shallower than the shallow end of the main swimming pool and the water temperature is slightly warmer. Lifeguards also limit the activities of older children in these pools so as to ensure a calm, relaxing environment for young children.

Learner pools are available at the following sports and leisure centres: -

- Beverley Swimming Pool
- Goole Leisure Centre
- Leisure World
- Haltemprice Leisure Centre
- Hornsea Leisure Centre

MAIN POOLS

The main pool maybe a traditional rectangular box marked out for swimming lanes. Some pools maybe an irregular shape and have different water features linked to them such as water slides and wave machines. Water depths will vary, in traditional pools the depth at the shallow end can be between 0.75m and 1.0m deep.

Adults should be aware that some pools will have a gradual slope towards the deep end while others will have a larger area of shallow water followed by a steep drop to deep water. Always closely supervise the children you are with, including those who are starting to swim.

POOL TEMPERATURES

The temperature of a traditional style swimming pool is normally between 27 to 29 degrees centigrade (82 to 86 degrees Fahrenheit), learner pools are normally kept at a slightly higher temperature between 29 to 30 degrees centigrade (86 to 88 degrees Fahrenheit). All swimming pools will display the current pool water temperature at reception and will advise customers if the water temperature is lower than normal.

CHANGING ROOMS

Depending on the age of the swimming pool separate male and female changing rooms or a combined village style changing room will be provided. Where there are separate changing rooms for male and female customers, children can go into the same changing room as the adult supervising them up to the age of 8. Children older than 8 years old will need to be able to change themselves in the appropriate changing room.

Adults must supervise their children in the changing rooms, as it can be easy for an accompanied child to go back into the swimming pool un-noticed and get into difficulties.

FAMILY CHANGING FACILITIES

Family changing cubicles are larger changing cubicles provided especially for families to get changing in together. They maybe in a different area of the changing rooms to stop other customers using them, please ask at reception where they are. They will also have nappy changing benches available and may have larger lockers available nearby. Pools with family changing facilities include:

- Goole Leisure Centre
- Haltemprice Leisure Centre
- Hornsea Leisure Centre
- Leisure World

SUPERVISION OF CHILDREN WHILE SWIMMING

Constant supervision of children whilst at the swimming pool is essential. Although drownings are extremely rare they do happen and evidence suggests that children under the age of 11 and toddlers are at the most risk.

It is not sufficient to expect lifeguards on the poolside to supervise your children for you. Lifeguards are provided to prevent accidents and to deal with emergency situations if they arise, they can not replace the care and attention of an adult responsible for supervising the children in their care.

When supervising children in the pool please remember the following rules:

- Do not leave a child in the pool while taking another one into the changing rooms.
- Do not leave a child unsupervised in one pool whilst supervising another in a different pool.
- Supervision requires an adult to be in the water with the child / children they are supervising.
- As supervision needs to be constant adults will not have the opportunity to swim and exercise themselves.

CHILD ADMISSION POLICY

All East Riding of Yorkshire Council swimming pools are required to have a written policy regarding the admission and supervision of children. The policy has been devised to meet guidance issued by the Institute of Sport and Recreation Management, supported by the Health and Safety Executive and the Royal Life Saving Society.

The basic policy is that all children under the age of 8 must be supervised at all times during their visit by an adult in the water with them, an adult is a person who is aged 16 or older.

The number of children who can be supervised by one adult differs depending on whether the swimming complex has just a main pool or also has a learner pool.

LEARNER POOLS

In learner pools an adult can supervise up to 2 children under the age of 8 at any one time.

This is because learner pools are generally shallower at their deepest part than the shallow end of the main pool. Therefore there is less risk of children getting out of their depth although parents must remain vigilant and not let children wander off unattended.

Learner pools are available at the following sports and leisure centres: -

- Beverley Swimming Pool
- Goole Leisure Centre
- Leisure World
- Haltemprice Leisure Centre
- Hornsea Leisure Centre

MAIN POOLS

In a main pool an adult can supervise 1 child under the age of 4 or up to 2 children aged between 4 and 7 years old.

This is because main pools are deeper and often busier than learner pools. Therefore there is a greater risk of children getting out of their depth and drowning. Also with the wide range of swimmers and activities going on in the main pool it is more difficult for a lifeguard to spot a child in distress

The following sports and leisure centres only have main pools: -

- Driffild Sports Centre
- Francis Scaife Sports Centre
- South Holderness Sports Centre
- Pavilion Leisure Centre