

SCHOOL SWIMMING LESSONS SAFETY & HYGIENE RULES

In order to ensure the safety and comfort of swimmers is not compromised we insist on the following:

- 1 Always follow the instructions of the Lifeguards and Swimming Teachers**
- 2 Always walk when on poolside**
- 3 Always wear a swimming cap**
- 4 ALL jewellery should be removed before entering the pool**
- 5 Appropriate swimwear must be worn at all times**
- 6 Go to the toilet before your lesson**
- 7 Blow your nose before the lesson**
- 8 Ensure any verruca is covered**
- 9 Plasters should be removed, unless they have been applied by medical professionals**
- 10 Any mud, paint or dirt should be washed off in the pre-swim showers before entering the pool**
- 11 The pool and changing area is a "no outdoor footwear" zone. Therefore these must be removed, or worn with shoe covers**
- 12 Ensure you pass through the foot sprays before entering the pool**
- 13 Children are to be supervised by members of the school teaching staff whilst on the premises**

The Hurst Pool is closed to the public during school lessons. Therefore only those authorised by the school are permitted to stay on site. Any parent wishing to view a class must have made the necessary arrangements in advance with the school and must have written authorisation.

Thank you for your co-operation.

