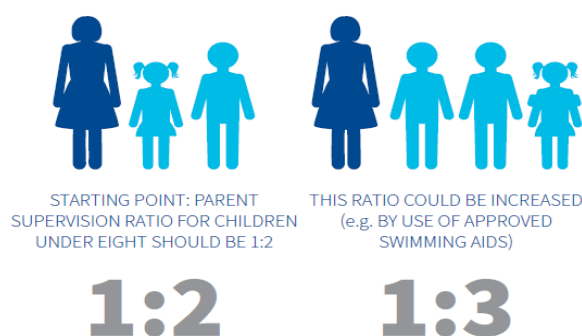


Child Supervision Policy For Swimming

Children under 8yrs: Children aged under 8 must be supervised by an adult or someone 16 years or over, in the water at all times.



Children 8 – 12yrs: Children from 8 – 12yrs of age must be always supervised by an adult either in the water or on the poolside.

Children 13yrs – 15yrs: May attend a family lane swim unsupervised with the parent or adult ideally on site at the Club.

Children 16yrs and over: May attend either a lane swim or family swim session unaccompanied.

Blue Band Policy: Children under 8yrs of age can take the Blue Band test to show that they are an accomplished swimmer to be able to pass a depth of 1.35m. Once completed they must always wear a Blue Band to pass a depth of 1.35m. An adult must remain in the water supervising at all times.

Blue bands can be collected from the Health Club Reception in exchange for a Membership Card at the time of arrival for every swim and must be returned after each swim.

Assessment criteria – Indoor Pool only:

- Jump from the deep end of the indoor pool into the water so that the head fully submerges.
- Tread water for 30 seconds in the deep end.
- Swim from the shallow end to the deep end and back to a standing position so that the head is fully above water in under 2 minutes.

It is the responsibility of the adult to:

- Always provide safe supervision of their children, inside the water and around the poolside.
- Remain in the water with the children under 8 at all times, while maintaining a constant watch and be within arm's length with the children who are weak or non-swimmers.
- It is the adults responsibility to ensure all non/weak swimmers wear appropriate flotation aids and stay in the designated safe area at all times.