



MARL PITS



INDUCTION FOR SCHOOL SWIMMING

School Teacher

The school teacher should complete and sign the Attendance Record Sheet found at Reception when entering the building. The numbers of swimmers, non-swimmers and staff should be included.

Before the children enter the water, the swimming register should be completed on the poolside.

Pupils

Upon entering the building, teachers should accompany pupils into the changing rooms. Please do so quietly so that the centre staff and other pool users are not disturbed.

Changing Rooms

Please change quietly.

1. The following rules must be obeyed in the changing rooms:

- a) No glass bottles
 - b) No running or pushing
 - c) No shouting
 - d) No interfering with other people's belongings
2. Please use only one side of the changing area, utilising the hooks and benches. Check the area before escorting children to the poolside, ensuring all belongs are stored neatly and tidily.

Moving another school's belongings is not permitted under any circumstances; please go to Reception and centre staff will assist.

Hygiene

Pupils must use the toilet, wash off any dirt, and shower before entering the pool.

Jewellery

Children are not allowed to wear any jewellery as this may be unsafe for the child or other children in their class. Furthermore, jewellery may be lost in the pool.

Medical Problems

Children who suffer from skin, ears and eye problems will be allowed to have a quick shower after they have been swimming.

Children who require medication must always bring their medication to the poolside. Medication should be stored in a plastic container.

Children who have verrucas must cover them whilst swimming with an ordinary cotton sock or swim sock.

Alarms

There are two types of emergency alarms used in the swimming pool; one is a fire alarm and the other an emergency alarm, which signifies an emergency in the pool. Both alarms will be demonstrated at the pool on the first session.

If any alarm is activated pupils must evacuate the pool in a quickly and safely. Once out of the pool, children will be instructed on how to proceed, i.e. to the nearest fire exit or to a safe area.

Whistle Code

- One short blast - this is to attract someone's attention.
- Two short blasts - this means stop, look and listen.
- One long blast - this is used to end the lesson or when needed.

At the End of the Lesson

When the children have left the pool, they will be asked to line up quietly.

- a) Girls - next to the wall near to the entrance to the females' changing room
- b) Boys - next to the wall near to the entrance to the males' changing room.

Once the children have lined up, the school teacher will escort the children to the changing area. The children will have 5 minutes to get dried and dressed. School teachers are required to check the changing area before leaving the building to check for belongings left behind and ensure it is left neat and tidy.

Notes

Swimsuits: These must be tight fitting. Two-pieces may be worn but these must not be a bikini-style.

Trunks/shorts: These must be tight-fitting trunks or shorts that end mid-thigh, longer length shorts will not be permitted.

Swim caps: These must be worn if the child's hair would cover the eyes, nose or mouth when wet. This rule applies to either boys or girls.

Goggles: Can be used providing we have a Goggle Consent Form signed by the parents/guardians. These are available from both the school booking pack and Marl Pits Leisure Centre.



www.rltrust.co.uk

Adrenaline: 01706 227016 Marl Pits: 01706 226850

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