



JH SWIM SCHOOL

RULES, GUIDELINES AND GENERAL INFORMATION

For Health & Safety reasons the following Rules, Guidelines and Information Sheet must be observed by Parents, Carers, Visitors and swimmers – Completing and signing the initial enrolment form and/or renewing a place confirms that you have read these Rules and will comply with the following:

- Please ensure your child **does not eat at least 1 hour** before their swimming lesson. Failure to do so could result in your child being sick and they could choke. If they are sick in the water the session will have to finish immediately and the pool will have to be closed for 24 hours.
- Please ensure your child arrives on time for the lesson. Lessons last for 30 minutes.
- Swimmers must blow their noses and go to the lavatory before their lesson. If possible, please have a shower first.
- All jewellery must be removed, hair tied back – preferably a hat worn. Goggles may be worn but please ensure these fit properly and are adjusted in advance of the lesson.
- Swimmers must enter poolside and sit and/or stand and wait at the shallow end five minutes before the start of their lesson. This is to allow the previous class to exit smoothly and safely. Please do not congregate by the poolside door.
- Swimmers must not run on poolside.
- Swimmers must not enter the water until the teacher has instructed them to do so. During their lesson swimmers must look at and listen carefully to swimming instructors at all times. It would be appreciated if parents did not wave at or distract their child during their lesson.
- We prefer boys to wear tight (lycra type) trunks and not baggy, Bermuda-style shorts and girls to wear a one-piece costume and not a bikini or costume with skirts or frills. No tops or T-shirts or all-in-ones please.
- Please do not bring your child swimming if they have an eye or ear infection or have a heavy cold.
- If your child has been suffering from diarrhoea and/or vomiting please leave a period of at least 48 hours before bringing them swimming.
- If your child has a verruca it would be appreciated if you could keep it covered whilst in the changing room, corridor and poolside area to avoid spreading. Whilst the Swim England guidelines state that a plastic sock is not necessary, we would prefer it if you could cover it with a plaster as an absolute minimum - we are happy for socks to be worn 😊. Alternatively, a treatment with a formula such as Bazuka is normally sufficient as it acts as a seal if applied properly.
- No talcum powder to be used in the changing rooms.
- No food or drink to be consumed on poolside
- Parents must not come on to poolside for any reason and must not disturb the teacher during the lesson. It would be appreciated if you have any questions or queries, they are raised in advance of, or after the session, by phone call, email or text rather than at the start or during the lesson. We would be delighted to give feedback on any child's progress but not during a lesson please. If we are distracted whilst talking the swimmers' health and safety could be compromised and essential lesson time would be missed for everyone in the class.

- Please do not use the electric socket in the corridor for drying hair with a hair dryer. This is a health and safety issue.
- Clothing, shoes, valuables, belongings and/or any items left in the changing room whilst unattended is the responsibility of the parent or adult bringing the child to their swimming lessons. JH Swim School cannot be held responsible for any losses or damage.
- Parents/Carers are responsible for and must supervise their children and siblings whilst in the changing rooms, corridors, gallery area, outside areas and the car park, before and after swimming lessons. Please do not allow siblings or babies in car seats to sit on the gallery wall.
- In accordance with the Swim England Safeguarding Policy it is not permitted to take photographs or video pictures or film with any camera, ipad, mobile phone or any other device with photographic facilities.
- Parents must notify Jane if there has been any change to the swimmers' health/medical condition during the course or if they have been prescribed any medication.

This is particularly important with regards to any hearing and/or sight impairment and if your child is subsequently diagnosed with any processing or learning difficulty, or any special need. If your child requires additional support in the classroom whilst at school we would appreciate it if you could share this information with us, in confidence, of course. This includes any support for any social or emotional need. We are able to adapt our lessons accordingly and explain and demonstrate instructions slightly differently. We do this for several children where we have not been informed of any special needs but suspect there are. It makes it so much easier and safer if we are given the full picture from parents from the outset. Their progress may be affected if we are not in full possession of the facts.

- Parents/Carers/Visitors or responsible persons accompanying children to the pool should take under eights into an "opposite sex" changing room where there is no other responsible person to take the child into a "same sex" changing room. A similar analogy can be made if a parent's child of the opposite sex needed to use the toilet in a supermarket, train station or public toilet etc., or get changed in a health club/leisure centre group changing room. The toilet or changing room you would use would be of the same gender as the adult.
- Please kindly note that refunds will not be issued in the event of non-attendance unless exceptional circumstances, e.g. operation or accident, broken arm etc., and if given, this will be given in the form of a credit against the following term's fees. Fees are non-refundable once a payment is made for all renewal places or new swimmers

This list is not exhaustive and subject to amendment at any time – Should you require clarification on any point mentioned or any other issue please contact Jane.



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07956 833586