

## Welcome and Safety Talk

Please read and note this information for guidance on poolside

### Checklist:

- **Introduce all instructors by name.**
- **Pupils must listen at all times.**
- **No running: hard floor.**

### Check swimwear is appropriate:

- **NO** two-piece costumes.
- **NO** long baggy shorts or shorts with pockets.
- **NO** goggles - unless written permission has been obtained. Ensure goggles are correctly adjusted prior to session.
- Long hair **MUST** be tied back.
- **NO** jewellery: This includes earrings/studs, rings, chains and bands.
- **Swim hats** can be worn, but not to cover earrings.

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**Check if anyone has an illness or medical condition:**

- Medication must be brought onto poolside and clearly labelled.
- Additional observers must be requested if necessary.

**Horns and Alarms:**

- If sounded - clear pool immediately, go to the nearest side, sit back to the wall with legs tucked up and listen for instructions.

**Observer's Role:**

- Practise horn test.
- Ensure they know where alarms are located.
- Blow horn if swimming instructor requests evacuation.
- Press drowning alarm to alert pool staff.
- Blow horn to alert instructors to any inappropriate behaviour, danger of drowning, medical problems, etc.
- Keep a number count of groups and check frequently.