

Parents: Health, Safety and Information Check List

Aquatots wants your child's swimming lessons to be a pleasurable experience for you both.

Here is a list of sensible precautions and advice to minimise risk.
Please read it carefully and ask your Teacher if you are unsure of anything.

Medical Conditions

Aquatots swimming teachers need to know if there are any medical issues related to you or your child that may increase the risk to your health and safety during the lesson. Please ensure that you have completed the Health and Safety Medical Disclosure Form before your first lesson. This information is completely confidential and is subject to the Data Protection Act. Please ensure Aquatots have your current contact details and are notified to any changes of medical conditions.

Do not swim with anything contagious (such as Conjunctivitis), a green Snotty nose (a sign of infection), or Chicken Pox (until scabs crust over) or impetigo .

If you know that your child is unwell with a gastro-intestinal bug, or suspect them to have diarrhoea, you MUST NOT take your child swimming for 48 hours.

If your child has a runny nose, bring a named flannel onto poolside for hygiene purposes.

Do not submerge your child if they are hiccupping, coughing or have a blocked up nose

What to Wear

All pools require DOUBLE BAGGING (i.e a washable swim nappy such as 'tots bots' or a disposable SWIM nappy , such as Huggies little swimmers) with a Neoprene wrap over the top i.e Konfidence Nappicova or Splashabout Happy Nappy, Imse Vimse, Aqua nappy etc.). NO DISPOSABLE NAPPIES ARE ALLOWED. Wetsuits, sunsuits and swimming costumes without a built in nappy DO NOT count as a second layer. All children who ARE NOT potty trained MUST BE double bagged or WILL NOT be allowed to swim.

Wetsuits are available on poolside during your lesson in a variety of sizes. Please ask your teacher.

Many children in the higher levels wish to wear goggles in their swimming lessons. Please ensure that they are put on and taken off properly, in line with the manufacturer's instructions.

Parents please bring goggles with you onto poolside from Duckling week 4. You will require them to watch your Aquatot swimming underneath the water.

Bring a towel/robe on poolside for baby and yourself in case of evacuation in an emergency

Preparing for your Lesson

Do not feed babies within 1 hour of swimming, 30 minutes if breastfeeding, try to ensure they are well rested if possible. Older children should use the toilet facilities before entering the water to prevent the risk of faecal fouling.

Please inform your teacher if you are not confident in the water. If at any time you feel uncomfortable completing a particular exercise because of your own swimming ability, again, inform your teacher.

You are responsible for your child at all times: Do not let him/her run off.

DO NOT GET INTO THE POOL UNLESS YOUR TEACHER IS PRESENT. Aquatot is not covered if an accident occurs whilst your teacher is absent. Should your Teacher have to leave the pool area, all parents must leave the water.

The poolside is always wet and often slippery, do not run and be extra careful if you are carrying a small child. The poolside is uneven in places and the steps down into the pool do not have marked edges – so please take care.

Jewellery such as rings, dangly earrings, watches etc are not advised for children or adults as they can cut and scratch. If they cannot be removed please tape them over.

Shoulder length hair on a baby/child or adult must be tied back, or a swimming hat worn. We stock hats in all sizes, for adults and children.

Shower before swimming – no body moisturizers, perfume, sun-tan lotion, or aftershave, as it plays havoc with the chlorination system and produces scum marks on the poolside.

NO Mobile Phones or photographic devices are allowed on poolside.

Pool Health and Safety Regulations

Please do not eat or drink in the changing rooms.

Please do not leave your old nappies in the changing rooms, take them home!