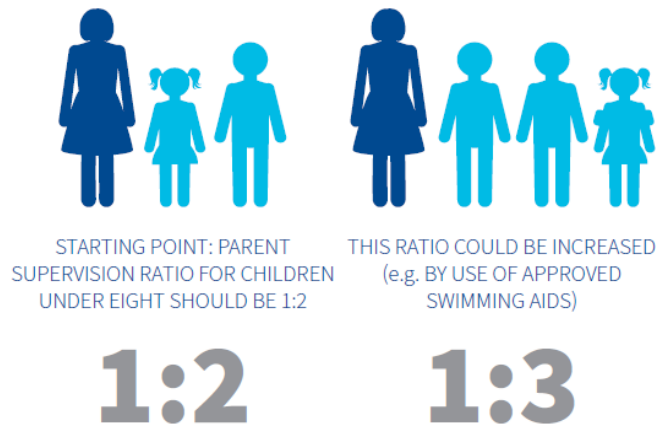


Child Supervision Policy for Swimming



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.*

Supervision ratios for children under 8 yrs:



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.*

If you have any questions, please speak to a member of the Health Club team.

Kind regards

Luke Fenton
Health Club Manager