

safety information

SLL aims to ensure that all swimmers have a safe and enjoyable time.

POOL SAFETY

Please refrain from:

- Leaving children under 8 unsupervised... these high risk bathers must be directly supervised at all times.
- Smoking, eating or chewing gum.. eating presents a risk of choking, vomiting and cramp.
- Fighting, pushing or ducking.. this is unpleasant and dangerous for those involved and for others that may get caught up in the activity.
- Gymnastics or acrobatics.. this is a common cause of injury resulting from collision with the pool surrounds and other bathers.
- Petting... other bathers may find this offensive.
- Using flippers, face masks or snorkel... this specialist equipment should be used in sessions supervised by an appropriate instructor.
- Diving... diving is only permitted in specified areas, signage indicates this.
- Bombing or somersault entries... this presents a danger to other pool users.
- Jumping into water that is less than 0.9 metres deep... impact with the pool floor can result in injury to the ankles and spine
- Running... this significantly increases the risk of falls and injuries.
- Distance swimming underwater... hyperventilation can cause even good swimmers to lose consciousness without warning.
- Taking photographs is not allowed, unless an 'agreement form' is signed by the child's parents. Forms are available from reception.

This list is not exhaustive - follow the advice of the lifeguards at all times.

GUIDELINES FOR INFLATABLES

you can help us by following the guidelines:

- Only three children on the inflatable at a time.
- No persons aged 14 or over allowed on the inflatable.
- No diving or bombing in to the inflatable section.
- No swimming in the inflatable section.
- No swimming under the inflatable.
- No non-swimmers allowed on the inflatable.
- No fighting, pushing or throwing on the inflatable.
- Feet first down the slide into shallow water.
- While waiting to go on the inflatable, please queue in an orderly line.
- Once off the inflatable please exit the inflatable section quickly and safely

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NON-SWIMMERS

- It is important that Lifeguards are informed of any non-swimmers before they enter the water.
- We provide armbands and advise that all non-swimmers and weak swimmers wear them. We advise that all non-swimmers stay within standing depth of water (under 1.4 metre mark).
- Non-swimmers and those wearing armbands will not be allowed to use the inflatable.

CHILDREN

- Children under the age of 5 must be accompanied by an adult of at least 18 years of age, or their parent, on a ratio of 1:1 (one adult to one child) in the main pool and on a 1:2 (one adult to two children) in the small pool.
- All children between the ages of 5 to 8 must be accompanied by an adult of at least 18 years of age, or their parent. At the Ratio of 1:2 (one adult to two children)

SLL aims to maintain high standards of hygiene and cleanliness in your pool.

KEEPING YOUR POOL CLEAN

you can help us by:

- Showering before entering the pool... this removes dirt, cosmetics and deodorant that would otherwise end up in your pool.
- Ensuring that babies wear well fitting baby swimming nappies... this prevents those little embarrassments becoming big ones!
- Using the toilets provided... this keeps the water clean for everyone, encourage young children to use the toilet before they swim.
- Wearing a swim hat... this helps to protect your hair and reduce water pollution.
- Not swimming if you have just eaten or if you have an upset stomach.
- Not swimming if you have had a recent history of diarrhoea.
- Not wearing outdoor shoes on poolside... these can transfer dirt onto the poolside so use the overshoes provided.
- Not bringing prams or push chairs onto poolside... the wheels also transfer dirt onto poolside.

If you have any queries please contact reception on

01438 218 770

POOL PARTIES



pool party information

Stevenage Swimming Centre
St. Georges Way, Stevenage, Herts SG1 1XY

01438 218 770

E. swimming@stevenage-leisure.co.uk

www.stevenage-leisure.co.uk



Stevenage Swimming Centre Pool Party Information

TINY TOTS PARTY

SMALL POOL

Up to 20 people (including supervisors). Designed for under 5's, some under 8's are welcome. All Tiny Tots Party children must be supervised in the water on a ratio of 1:2 (one adult to two children).

POOL PARTY & INFLATABLE

MAIN POOL

Up to 50 children (aged between 8-13) - main pool only. Access to the inflatable will only be given to children that are able to swim 25 metres plus and are aged 8-13



PARTY INFORMATION

- We aim to make your party as enjoyable as possible. In order to do this safely, RLSS qualified Lifeguards supervise these sessions. At all times, customers must abide by the instruction of the Lifeguards, for their own safety.
- Before swimmers are allowed to enter the pool a Lifeguard will give a short safety talk, covering basic pool rules and pointing out emergency exits and safety signs. All non-swimmers will be asked to identify themselves at this point. Copies of the guidelines have been included.
- A party organiser must accompany the parties and is responsible for the children whilst they are in the building. We recommend that the party organiser remain on poolside throughout the session.
- We have a vending area, but it is not recommended that this is used to serve food, light snacks/drinks are available from vending machines but be advised it is used as a viewing/meeting area at the beginning and end of each party. The vending room area must be vacated within 40 minutes, after the pool session finishes.
- We politely ask you to remove any rubbish or litter that may have been created, cleaning products are also available on request.
- Car parking is free. All spectators may view the pool from the balcony or the vending area. Music facilities are available for the pool hall. We are happy to play CD's that you bring with you. Please see reception for details.
- Any medical conditions, such as epilepsy, should be reported to the Duty Manager on arrival. Please ensure that any medication that maybe required by swimmers whilst in the pool, is with the party organiser on poolside.
- Please arrive 15 minutes before the commencement of the party, in order that all swimmers are ready to enter the swimming pool at the start of the session.
- Lockers are provided, but personal belongings are left at the owner's risk. A £1 coin is required per locker; this is refundable. Please ensure that personal belongings are not left in cubicles or on poolside.

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