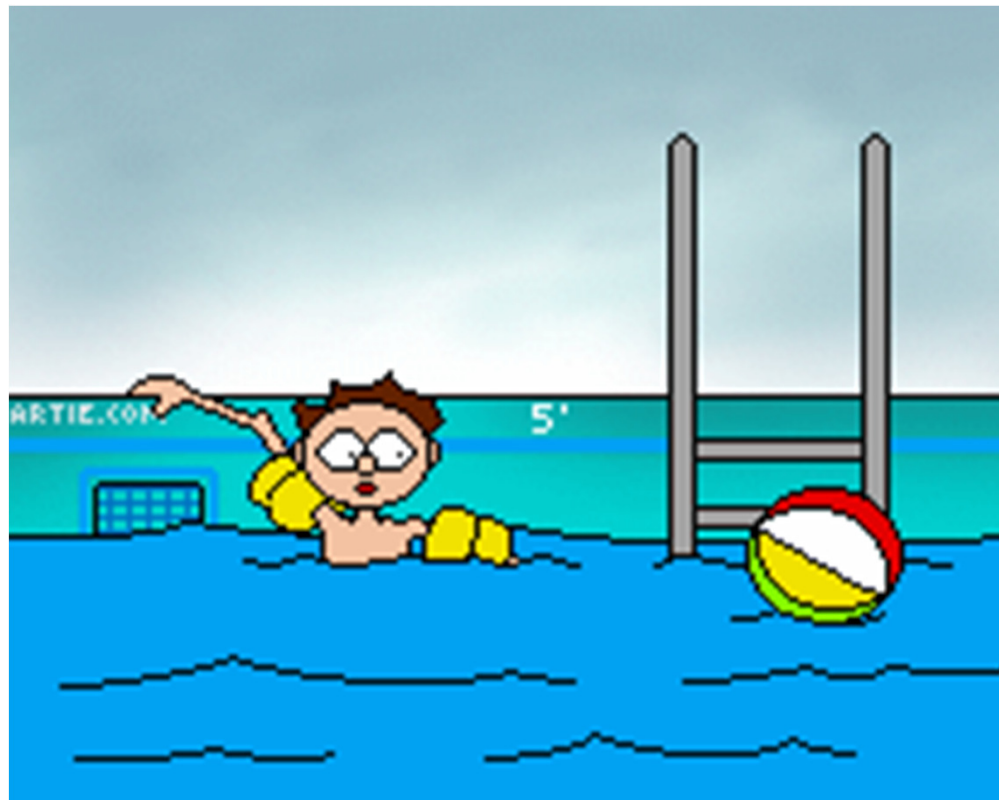


Safe Swimming



Have the right kit (labelled).

- Swim hat, plastic not cloth
- Goggles
- Towel
- Plimsolls or crocs if you have them



Changing Rooms

- Do not touch other people's clothes
- Stand behind a chair or to the side
- Take towel, goggles, hat out of your bag
- Put the clothes you are wearing into your bag
- Leave your bag on the chair and your shoes underneath
- In pairs, try to put your swimming hat on

Walk to the gate

- Do not enter without a member of staff.
- Hang up your towel on the side
- Walk around the side of the pool and sit on the edge with your feet over the side.
- Slide entry, hold on to a bar.
- Steps entry, hold on to the bars
- Hold on to the bars and bounce up and down to keep warm (shoulder depth).
- No ducking under the water!



No Running
Allowed in
Pool Area



Look and listen

- Hold on to the bar whilst the teacher is talking
- Watch the actions
- Listen to instructions

- Warm up
- Whole stroke
- Skill section
- Whole stroke
- Warm down



Getting out

- Exit by the steps only
- Walk to your towel and go to the changing room
- Keep your hat on!
- Take your clothes out of the bag and get changed
- Check that your goggles, hat and towel are in your bag **before** you leave the changing room
- Mind the steps

Emergency

- If the whistle is blown get out by the steps immediately and go and get changed



**No Running
Allowed in
Pool Area**

