

**RULES & PROCEDURES FOR THE USE OF THE SWIMMING POOL
AT ST TERESA'S SCHOOL BY PROPERLY CONSTITUTED SWIMMING CLUBS,
SCHOOLS AND OTHER APPROVED EXTERNAL ORGANISATIONS**

General

1. The responsibility for operating the swimming pool in a safe and healthy manner rests with the officials and instructors of the Club.
2. In the event of an accident or emergency, a telephone is located in the pool office. All instructors taking lessons in the swimming pool are responsible for health and safety and should be conversant with these rules and procedures.

Staff Lifesaving Qualifications

3. All instructors taking swimming lessons must be in possession of a whistle and have one or more of the following lifesaving RLSSS qualifications:
 - a. Rescue Test for Teachers of Swimming.
 - b. Bronze Medallion.
 - c. Pool Lifeguard.

Normal Operating Procedures

4. All swimmers are to be made aware of the depths at the shallow (1.0m) and deep ends (2.2M) of the pool, the area where they are permitted to swim and the rules for an emergency evacuation of the pool (see Paragraphs 10 – 13 below).
5. Swimming lessons are to be based on the following swimmer/instructor ratio, which is not to be exceeded:

<u>Standard of Swimmer</u>	<u>Swimmers</u>	<u>Instructor</u>
Non-Swimmers & Beginners	13	1
Junior Level	13	1
Intermediate Level	13	1
Other Levels	20	1

6. The ratio refers to persons in the water. An equal number of swimmers may be out of the water in a resting or observed mode provided that:
 - α They are instructed to remain in a defined area away from the deep end.
 - α They can be observed by an instructor in the pool or another competent person within the swimming pool area.

7. Wherever possible swimmers under instruction should be of the same ability range, however, where this is not possible, the swimmer/staff ratio is to be based on the least able member of the group.
8. Only officials, members and accompanying adults may enter the pool area.
9. The following standard rules apply at all times:
 - q NO entry into the water without the permission of the instructor.
 - q NO running on pool sides.
 - q NO pushing or pulling on sides or in the water.
 - q NO screaming.
 - q NO diving in the shallow half of the pool.
 - q OBEY the following whistles:
 - 1 Whistle: Silence.
 - 2 Whistles: Swim to Side.
 - 3 Whistles: Get Out.

Emergency Operating Procedures

10. In the event of a fire, a siren will sound. In the event of a fire or any other event that requires the immediate evacuation of the swimming pool, the instructor in charge is to:
 - q Blow 3 loud whistles.
 - q Give the instruction 'CLEAR THE POOL'
 - q Indicate the emergency exit to be used.
11. Swimmers are to get out of the pool and walk in silence to the emergency exit indicated by the instructor. The evacuation is to be immediate and swimmers and staff may not return to the changing rooms to collect clothes or belongings.
12. Where emergency services are required, the instructor in charge is responsible for summing the required assistance.
13. Having evacuated the building and ascertained the cause of the emergency, the instructor in charge may permit no more that four accompanying adults to enter the changing rooms and collect members clothes etc.