

PIMLICO PUFFINS SWIMMING CLUB SAFETY POLICY

LIFEGUARDS

There must always be at least one trained Lifeguard on duty on the poolside. A rota of qualified helpers exists for this purpose. In addition there may be other poolside guards with whistles on the poolside.

If you see any trouble, give two blows on the whistle (two because one blow might be unheard or misinterpreted). All Swimmers and helpers should stop, as far as is practical, to enable you to quickly identify the problem and take action. Regular drills will be held by the Chief Instructor.

If you see a Swimmer in trouble, do not immediately jump in. The majority of Swimmers can be "talked" to safety or given assistance using the poolside poles. Make sure you know their location – on the sides of the pool at the deep end.

Special attention must be paid to those suffering from epilepsy or with heart conditions. The Chief Instructor will let you know who these are.

Be aware that potentially the most hazardous area is the laned swimming area, despite the fact that most activity goes in the open area of the pool.

Whilst socialising is part of the Club ethos, when lifeguarding remember that you have a special responsibility and restrict conversation to small exchanges, so that you may concentrate on the pool.

HELPERS AND SWIMMERS

Helpers who can swim will be given basic instruction on training techniques and safety, and are asked to give one-to-one assistance to Swimmers who require it.

On entering the pool, Swimmers are requested to use the steps as little as possible – they can be slippery and hazardous. You will be given advice by your Helper or by the Chief Instructor on other ways to get in and out of the water.

If you hear two blows on the whistle, please stop swimming and remain still. This is the signal that there is some problem in the pool and Lifeguards need to be able to take action without delay.

Normal poolside safety regulations apply. Please make sure you are familiar with them – they are posted on the poolside noticeboard.

Thank you for observing these rules. With them we can all enjoy a happy and safe time in the water.