

Swimming Pool Safety

Swimming pools are great places to have fun and are generally very safe, but there are still a few things to watch out for.

Obey the lifeguards' instructions.

Lifeguards are there to make sure you have a fun and safe time in the pool. If they ask you not to do something then it is for your own safety!

Take care when jumping or diving.

Before jumping or diving into a pool you should check whether the water is deep enough. If it is not deep enough (more than 1.8m) there will usually be a sign telling you not to dive. You should also make sure no-one is swimming below you.

Let your lunch go down before swimming.

Always wait at least an hour after eating a meal before you go swimming, and never swim after drinking alcohol.

Walk don't run.

Most swimming pools have tiled edges and it is very easy to slip so take care and walk slowly around the pool.

Keep an eye on young children.

Lifeguards cannot watch every single person in the pool at every moment so make sure you do not let young children out of your sight.

Don't scream, shout or mess about.

You could distract attention from an emergency.

For more information, advice and downloads visit

www.lifeguardsupport.co.uk