

## **AQUATICS SAFETY TALK AND POOL RULES**

### **WELCOME TO OUR POOL! PLEASE LISTEN THE FOLLOWING 3 PARTS OF RULES.**

#### **Part 1 - Facility Etiquette (ask the students to repeat "facility etiquette")**

1. No running in this facility, please walk to and from changerooms and on the pool deck
2. Be respectful in the changerooms, including keeping voices down as sound echoes
3. The universal changerooms are off limits to students
4. Teachers, please be reminded to supervise students while they are in the changerooms, so you may step in to correct behavior if required
5. Once changed please bring ALL of your belongings out of the changeroom and place them on the pool deck where instructed by the staff/teachers. Please do not block any doors or hallways.
6. 6. Have a cleansing shower prior to entering the pool

#### **Part 2 - Deep water (ask the students to repeat "Deep water")**

7. Everyone put their thumbs in your armpits - when the water gets to be that deep - this is the definition of deep water
8. Do not go into the deep water if you are not a strong swimmer
9. A strong swimmer will be able to swim halfway across the pool, and turn around and swim back without touching the bottom
10. If you would like to go to the deep end, sit on the pool deck and wait for a swim test
11. A swim test will be performed without goggles
12. Swimmers need to pass the swim test to go in the deep end - swimmers are not permitted to go into the deep end with a PFD during school swims, unless they have passed the test
13. PFD's may be worn by all participants in the shallow end

#### **Part 3 - Pool Rules (ask the students to repeat "Pool rules")**

14. Walk on the pool deck
15. Enter the water feet first, unless past the red deep end line
16. Do not swim through the length swim lanes. Get out of the pool and walk to the deep end/diving boards
17. One person at a time on the diving boards.
18. The hot tub, sauna, and steam room are off limits
19. The tots pool is an area for parents with young children. Please be respectful if sharing the pool with families
20. Boats are allowed in the shallow end only - Please keep the boats right side up
21. Mats are allowed in the deep end when the waves are on at MRC pool
22. One person at a time on the slide - feet first only

Lastly - ask the students "does anyone know what a whistle means at a pool?"

**STOP - Look at the lifeguards for direction!!!**

Okay, you're all set! Walk to the changerooms, shower and have fun!