



## LANCING COLLEGE

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### SWIMMING POOL USERS' SAFETY CODE

#### **SPOT THE DANGERS**

Take care, swimming pools can be hazardous. Water presents a risk of drowning, and injuries can occur from hitting the hard surrounds, or from misuse of equipment.

#### **ALWAYS SWIM WITHIN YOUR ABILITY**

Never swim after a heavy meal or after alcohol. Avoid holding your breath and swimming long distances under water. Be especially careful if you have a medical condition such as epilepsy, asthma, diabetes or a heart condition.

#### **CHECK NEW PLACES**

Every pool is different, so always make sure you know how deep the water is, and check for other hazards such as diving boards etc.

#### **TAKE SAFETY ADVICE**

Follow advice provided for your and others' safety. Avoid unruly behaviour which can be dangers. For instance, running on the side of the pool; ducking; acrobatics in the water; or shouting or screaming (which could distract attention from an emergency). Always do as the lifeguards say and remember that a moment of foolish behaviour can cost a life.

#### **LOOK OUT FOR YOURSELF AND OTHER SWIMMERS**

It is safer to swim with a companion. Keep an eye open for others, particularly young children and non-swimmers.

#### **LEARN HOW TO HELP**

If you see somebody in difficulty, get help immediately. In an emergency, keep calm and do exactly as you are told.

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