



Health and Safety Rules

Cartwrights Swim Schools offer a high quality teaching service and consider it to be crucial to continuing these standards that all students attending the Swim School maintain the highest degree of care in all matters of health, safety and hygiene.

The following is a non-exhaustive list of matters to which students must pay particular attention:

- Walk on the poolside at all times.
- Only enter or leave the water when instructed to do so, and at the beginning of the lesson wait in the allocated sitting area.
- Never eat or drink during lessons.
- If the whistle is blown observe the Rule "STOP LOOK AND LISTEN".
- Pay attention to the teacher at all times and follow all instruction given by any member of the teaching staff.
- All open wounds must be covered with a waterproof dressing and students with verruca or athletes foot must wear rubber socks.
- Students should not present themselves for a lesson when suffering from a cold or flu and if they do so will not be permitted to take part.
- All students must ensure that they are clean before arriving at the Swim School and that they have used the toilet prior to the lesson starting.
- All outdoor footwear must be removed before walking on poolside.
- Standard swimwear should be worn (shorts restrict leg movement)
- Swimming hats are recommended and must be worn at the direction of the teacher.
- Doorways, fire exits, corridors and the poolside must be kept clear at all times.
- Diving is not permitted except under instruction.
- Goggles are permitted at the teacher's discretion.
- Students over the age of 10 must use the correct changing room.
- All accidents and incidents must be reported to a teacher even where no personal injury has resulted.
- Your contract is with Cartwrights Swim Schools.
- Participants may be requested to adhere to individual facilities rules.
- All communication should be addressed to your Swimming Teacher.
- Pushchairs, buggies and prams have restricted access, please check with the Club.
- Spectator areas are not provided at facilities.
- One adult in the changing area should only accompany students.
- Parents/guardians are not permitted on the poolside during lessons.
- CSS except no responsibility for valuables left in the changing areas.
- Mobile telephones and cameras are prohibited from all areas were persons may be changing or wearing swimwear.
- The use of photographic equipment is prohibited without prior arrangement of the management.
- A responsible adult must accompany baby in the water in Rubberdubbas classes.

Failure to abide by these rules may result it expulsion from the course or facilities.