



# CULTS OTTERS AMATEUR SWIMMING CLUB

## *Learn to Swim Rules & Safety Procedures for Swimmers / Parents*

### Changing Rooms / Showers

- Swimmers should be supervised by Parents or Guardians at all times. This is not the responsibility of the swimming teachers.
- Swimmers should remove sweets, chewing gum etc. from their mouths before going onto poolside.
- Swimmers should remove all jewellery, watches etc. and make arrangements for safekeeping. Swimming teachers will not be responsible for the safekeeping of valuables.
- Swimmers with long hair should always wear a swimming cap. These are available from your swimming teacher.
- Girls changing Room - please ensure that all boys who are 8 years old and above get changed in the boys changing room.
- Boys changing Room - please ensure that all girls who are 8 years old and above get changed in the girls changing room.
- Girls changing Room - No adult males are allowed in the girls changing room.
- Boys changing Room - No adult females are allowed in the boys changing room.
- Bullying - Cults Otters Amateur Swimming Club DO NOT tolerate any bullying, please ensure that your child is aware of this. If any situation of bullying arise please contact Sonia Richardson 01224 316854 or e-mail [srichardson984@btinternet.com](mailto:srichardson984@btinternet.com) a.s.a.p.
- PLEASE DO NOT LEAVE ANY VALUABLES IN THE CHANGING ROOMS AT ANY TIME
- No running

### Poolside

- Please ensure that your child's teacher is on pool side before leaving them.
- Parents, relatives or friends of the swimmer are permitted to spectate if a spectating area is available.
- No parents on poolside.
- No running
- No cameras on pool side, no pictures to be taken of swimmers.

### General

- Swimmers should go to the toilet and also blow their nose before there lesson, it is not the responsibility of the teachers / assistants to take swimmers to the toilet, it is the parents responsibility.
- If your child is ready to be moved up an Aqua level between January - December, then your child's teacher will advise the LTS Co-ordinator and a suitable class will be found for them.
- Swimmers moving from Camphill to Cults will go into a Aqua 2 class
- If for any reason the class that you have been given is not suitable, please call Sonia Richardson, 01224 316854, [srichardson@btinternet.com](mailto:srichardson@btinternet.com) (please remember places are very limited)
- Refunds will not be given out once you have accepted and paid for your place.