



Swimming Policy

Version	4.0
Review Date	September 2026

Policy Statement

Play Inclusion Project aims to make swimming an enjoyable and safe experience for all children and young people. Swimming supports overall physical health and development.

Prior to participation, a swimming consent form must be completed by parents or carers.

Children or young people who are physically unwell or exhibit symptoms of any of the following conditions will not be permitted in the pool:

- Conjunctivitis
- Diarrhoea
- Infected open sores or cuts
- Cold sores
- Influenza
- Ringworm
- Whooping cough
- Impetigo

Supervision and Safety

- A minimum of two staff members or volunteers will always be present in the changing rooms with children and young people, in line with the Safeguarding Policy.
- Assistance will be given to children who require help getting changed.
- All staff, volunteers, children, and young people must wear appropriate swimwear - where allowed, staff should wear t-shirts over their swimwear.
- Lifeguards must be informed if a swimmer is diagnosed with epilepsy.
- Non-swimmers must stay in the shallow end of the pool and remain within their depth.
- A non-swimmer or poor swimmer is defined as someone who cannot swim a full length unaided and tread water for 30 seconds.
- Support staff and volunteers will ensure that children and young people swim within their abilities.

- All staff, volunteers, children, and young people must abide by the rules of the swimming venue.
- Lifeguards have overall responsibility for swimmers in the pool. All instructions from lifeguards must be followed.

Area Managers' Responsibilities

- Area Managers and/or staff not swimming must remain poolside to supervise the group.
- They must have medication forms, emergency contact details, and a mobile phone readily available.
- Any rescue medications or inhalers must be accessible poolside in case of emergency.

