

Swimming

| | Page |
|---|------|
| Swimming Pools..... | 1 |
| Swimming and Paddling in Natural Waters | 1 |
| Further Guidance on Swimming | 2 |

The Outdoor Education & External Visits website is at <https://sccoea.org.uk/>.

SWIMMING POOLS

When considering the possible use of a swimming pool, leaders should check the following;

- Is lifeguard supervision constantly available? If not, at least one member of staff should have a relevant life saving award and be supported by adult supervision in the ratio of 1:10 (as a minimum). There should be first aid, rescue equipment and a means of summoning assistance available at the poolside.
- Is the pool and its immediate surrounds clean and regularly serviced?
- Are pool depths marked and suitable for the particular group?
- Is the water clear and of an appropriate temperature?
- Are changing and showering facilities safe and hygienic?
- Does the pool cater for people with disabilities?
- Does the pool cater for any religious or cultural factors?
- Is there a poolside telephone, or other means of summoning immediate assistance?

Further information is available from The Royal Lifesaving Society UK:

River House, High St, Broom, Alcester, Warwickshire B50 4HN
 Tel: 01789 773994
 Email: lifesavers@rlss.org.uk
 Website: www.rlss.org.uk

Please view information provided by the SC Corporate Health & Safety Unit regarding the use of swimming pools - currently available from <https://somersetcc.sharepoint.com/:b:/s/SCCPublic/EZAyfXpRDrRrArZelXzozDFQBeLMpNMHvM66MQuTyUm3UgA?e=hcTdor>.

[< Contents](#)

SWIMMING AND PADDLING IN NATURAL WATERS

The use of natural waters for swimming and paddling is potentially highly hazardous. Such activities should normally take place at recognised sites which have adequate and competent/qualified supervision. Informal or unsupervised swimming or paddling must not be permitted.

[< Contents](#)

FURTHER GUIDANCE ON SWIMMING

Further references to swimming and related matters are to be found in the following documents available from the [Outdoor Education & External Visits](#) website:

Organisation of External Visits/Activities: **Notification, Approval and Endorsement System**

Specialised Guidance: **Exchange Visits**

Specialised Guidance: **Overseas Expeditions**

Specialised Guidance: **Safety at Water Margins and Water Health Hazards**

Specialised Guidance: **The Duke of Edinburgh's Award Expeditions**

[< Contents](#)