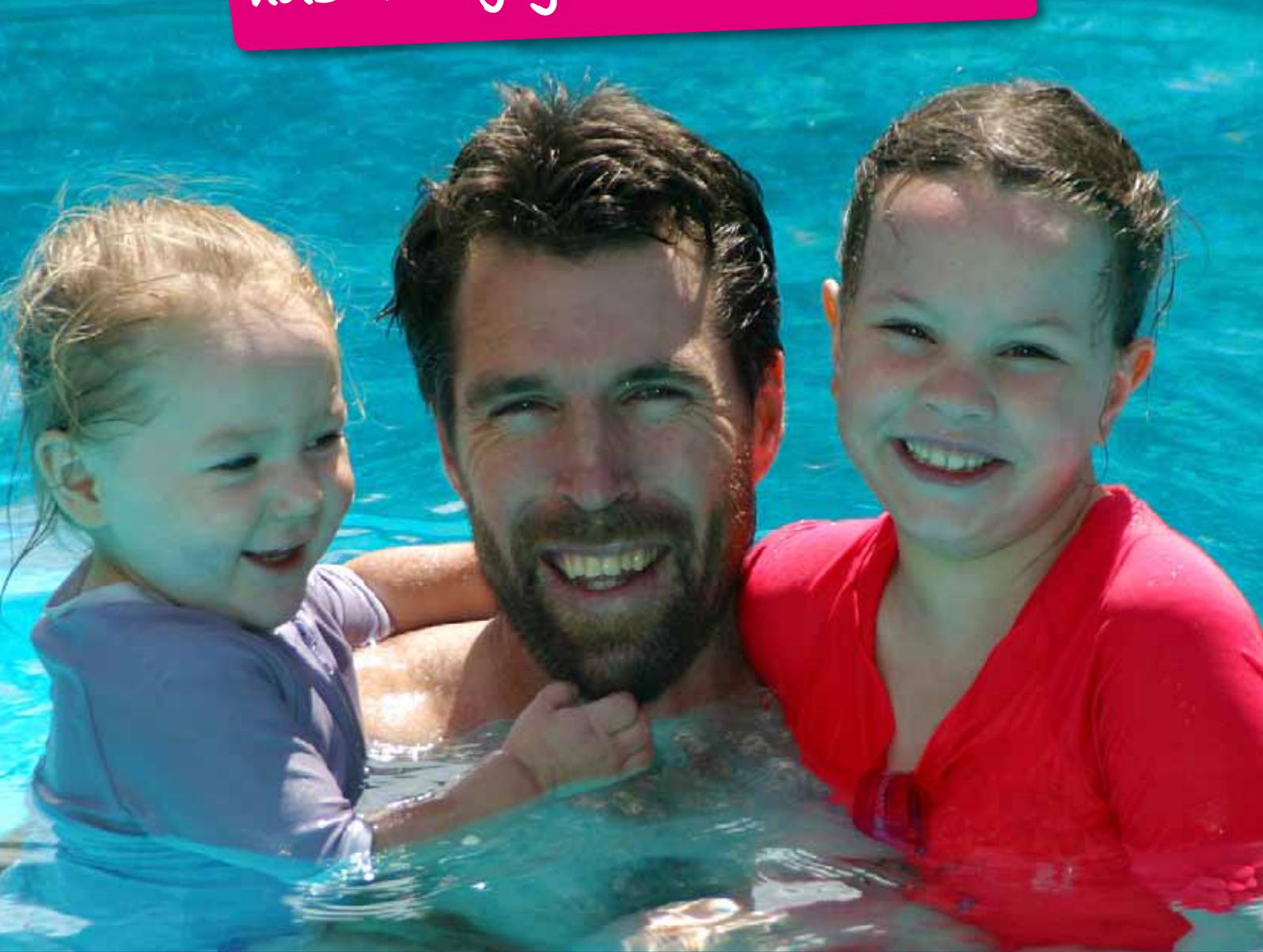


Pool Safety & Guidelines

Lets keep it clean!

Help us make sure everyone
has an enjoyable, healthy swim



XCITE



www.westlothianleisure.com

www.facebook.com/xcitewestlothianleisure

Why are pools closed?

Accidents do happen

Sometimes people have 'accidents' in swimming pools. This can include babies with poorly fitting nappies, excitable children who can't wait to get to the toilet and people who feel unwell. There is a possibility that someone who has been unwell, including upset stomachs or diarrhoea, could bring in a bug called *Cryptosporidium*.

Cryptosporidium

Cryptosporidium is present in the environment, commonly in grazing animals such as cows and sheep. It can find its way into us as people, then passed from person to person. This bug is resistant to chlorine at the levels used when people are swimming. If there has been an 'accident', which could have possibly introduced it to the water, we need to take immediate action to remove it. This will require us to close the pool for a considerable period of time, to allow us to deal with this effectively.

The cleaning process

If there has been an 'accident' in the pool, the first thing we will do is ask all bathers to leave the pool and use the showers. If the venue has other pools you may be able to continue using them. The affected pool will need to be treated for several hours (the length of time is different for each pool).

This can include adding additional chemicals to the pool that we cannot use while people are swimming. We will then need to clean the pool filtration system, by removing the water and replacing with fresh water.

Finally we will need to make sure that the water is chemically balanced again and warmed up ready for bathers. Doing all this can take up to 27 hours and means bathers cannot use the pool during this time. This affects all swimmers, from our Learn 2 Swim programme, Aquafit classes and the many clubs who use our pools to train and develop their skills. We also have to use more water, and chemicals than usual and increased energy to bring the temperature of the pool back to a suitable temperature to swim in.

You can help reduce closures

The most important thing you can do to help us keep the water safe is:

- » Avoid swimming if you feel unwell, and especially if you have had sickness or diarrhoea in the last two days.
- » If your children are not fully potty trained, make sure that they are wearing well-fitting swim nappies (on sale at reception).
- » Encourage young swimmers to use the toilets before they come in to the pool. Ensure they know to leave the pool to use the toilet before it is too late.
- » If you have problems with incontinence, make sure that you have suitable protection under your swimwear.
- » Use the showers before you enter the pool.
- » Use the toilets as you need to during your time with us. Wash your hands after using the toilet or changing nappies.
- » If you start to feel unwell during your swim, stop and leave the water.
- » If you do have an 'accident', please let our life guards know straight away, so it can be dealt with. Don't put other people at risk. We do understand that accidents can happen.
- » Even educating other members of the family on essential personal hygiene helps.

Good Pool Practise

Good swimming pool practise is essential to ensure the best possible service and water quality! Before swimming please follow our pool rules for good pool practise, for both adults and kids.

Pool Rules

- * Children that wear nappies must wear special baby costumes or swim pants. These are available to buy @ Xcite receptions.
- * People should not swim if they have open wounds, severe eczema or any other infectious skin complaints.
- * Cold, Flu and other infectious illnesses are sufficient reason not to swim, so is diarrhoea within the last 2 days, or cryptosporidiosis within the last 2 weeks.
- * People should not swim if they are affected by drink or drugs.
- * Swimming on a full stomach is a bad idea because of the risk of cramp.
- * People with head lice, athlete's foot or verrucas, should not go into the pool. People whose illness or treatment makes them susceptible to infection, or affected badly by it, should take medical advice before swimming.
- * Get to know the pool before you swim. Note the different depth, zones and check notes and posters for all information. Make an effort to learn basic water safety and lifesaving skills – you never know when they may come in useful. Ask reception staff for details of such courses.
- * Parents should make sure that children go to the toilet before swimming.
- * Please use the showers provided before you enter the pool. This will help keep the swim water clean.
- * Children under 6 months, in rare occasions, may find the temperatures and chemicals in pools unwelcome because of their sensitive skin.
- * When using our pools please take into account your own swimming abilities. We encourage you to speak to a member of our poolside staff to inform them of any specialist assistance you might require if suffering from any illness, such as epilepsy, which may affect your safety in the pool. If in doubt please consult your doctor before participating in swimming type activities.
- * All non-swimmers should not enter water which is out of their depth.
- * If the pool has flumes, water cannons or any other features then please read and follow the poolside warning signs and follow the instructions of the pool staff.
- * You should not hold your breath underwater for long periods and should never do so whilst floating face down.
- * During swimming lessons children 7 years and under cannot enter the water before or after the lesson unless accompanied by an adult. Parents/guardians are required to remain in the building during their child's lesson.
- * Listen to pool staff! They are not there to spoil your fun but to ensure your safety. Read and obey safety notices and posters that may be displayed around the pool – they are there for your own good.

Did you know...

That if there is a nappy leak, or someone is sick in the pool, then the pool will be closed to all users for about 27 hours!

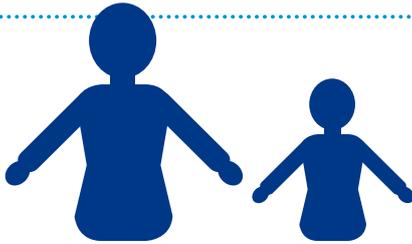
Swimming Pool Child Admission Policy

Lifeguards cannot be left to look after children as they are responsible for the safety of all swimmers.

.....

All Children 7 years old and under must be accompanied in the water at all times by a responsible adult who is at least 16 years old.

Please refer to the ratios detailed below:



Under 4 years

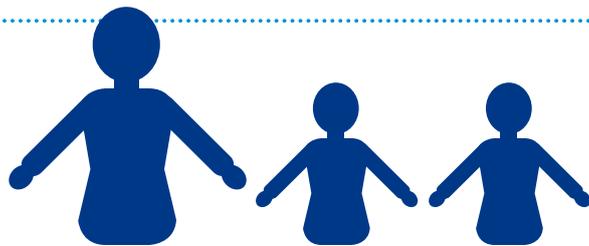
One Adult

One child with or without armbands

One Adult

Two children with armbands

.....

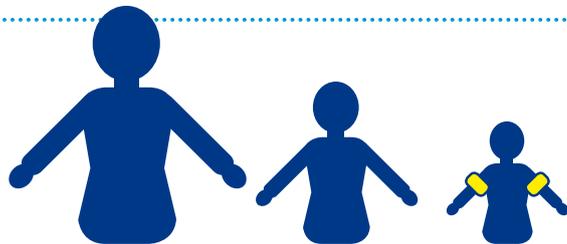


4 - 7 years

One Adult

Two children with or without armbands

.....



Mixed ages

One Adult

One under 4 and one 4-7 years old, if under 4 is wearing armbands.

.....

Armbands and Flotation Devices and Swim Nappies are available for purchase at reception.

Children 4-7 will be given a pink or black wristband to wear.

We expect adults who are supervising children 7 years old or younger in our pools to ensure they are in close contact with the child throughout their visit. This extends to changing rooms, toilets, poolsides and the pools themselves.

Organisers responsible for groups should ensure that adequate personnel, deemed to be responsible by the management, accompany swimmers in the pool. Please speak with reception prior to entering the pool.