



SWIMMING (POOL)

Safety Guide

Sports Recreation

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Key Benefits

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Checklist Items

KEY BENEFITS

Cardiovascular Health

Improves cardiovascular health and lung capacity through sustained aerobic activity.

Muscle Strength

Enhances muscle strength and endurance with full-body movements in water resistance.

Flexibility

Increases flexibility and range of motion through various swimming strokes and stretching.

Mental Well-Being

Reduces stress and promotes mental well-being through rhythmic and meditative water exercises.

Weight Management

Supports weight management and fat burning with high-calorie expenditure in water.

Coordination

Develops coordination and balance through controlled movements and breathing techniques.

KEY HAZARDS & CONTROL MEASURES**Drowning**

- ✓ Ensure adequate lifeguard supervision at all times
- ✓ Provide flotation aids for beginners
- ✓ Conduct regular emergency drills
- ✓ Assess swimmers' abilities before allowing access to deep areas
- ✓ Maintain rescue equipment in accessible locations

Slippery Poolside Surface

- ✓ Ensure poolside areas are kept clean and dry
- ✓ Place clear signage indicating wet areas
- ✓ Use non-slip flooring materials around the pool
- ✓ Regular inspection and maintenance of pool deck

Poor Water Quality

- ✓ Regularly test and adjust chemical levels
- ✓ Ensure filtration systems are functioning correctly
- ✓ Implement strict hygiene policy requiring showers before swimming
- ✓ Educate swimmers on not contaminating the pool

Diving into Shallow Water

- ✓ Clearly display depth markers around the pool
- ✓ Educate swimmers on proper diving techniques
- ✓ Install "No Diving" signs where diving is prohibited
- ✓ Supervise diving activities closely

Overcrowded Swimming Lanes

- ✓ Limit the number of swimmers per lane based on capacity
- ✓ Use lane ropes to organize swimmers by speed
- ✓ Schedule sessions to manage swimmer flow
- ✓ Employ lifeguards to monitor and control crowding

Participant Fatigue

- ✓ Encourage regular rest breaks and monitor swimmers for fatigue
- ✓ Educate swimmers on recognizing their limits
- ✓ Provide areas for resting in the pool (ledges, shallow areas)
- ✓ Adjust activity intensity for different fitness levels

Inadequate Lifeguard Supervision

- ✓ Ensure sufficient certified lifeguards are on duty at all times
- ✓ Provide regular training and emergency drills
- ✓ Position lifeguards to have clear visibility of entire pool
- ✓ Establish clear protocols for emergency responses

Chemical Imbalances

- ✓ Regularly test and adjust chemical levels to maintain balance
- ✓ Train staff in pool chemistry management
- ✓ Use automated systems to monitor and control dosing
- ✓ Inform users of any issues promptly

Faulty Pool Equipment

- ✓ Regularly inspect starting blocks, lane ropes, and diving boards
- ✓ Use equipment that meets safety standards
- ✓ Repair or replace faulty equipment promptly
- ✓ Restrict access to equipment under repair

Safeguarding

- ✓ Implement safeguarding policy and train all staff
- ✓ Provide clear reporting procedures for concerns
- ✓ Conduct background checks on staff and volunteers
- ✓ Ensure privacy in changing areas

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Pool & Equipment

- Water quality tested
- Depth markers visible
- Starting blocks secure
- AED charged and ready
- Pool surrounds clean and dry
- Lane ropes in place
- Rescue equipment accessible

Swimmers

- Appropriate swimwear
- Swimming ability assessed
- Any health issues declared
- Flotation aids available
- Pre-swim shower required
- No jewellery
- Non-swimmers identified

Supervision

- Qualified lifeguard(s) on duty
- Emergency action plan known
- First aider identified
- Full pool visibility
- Communication system working



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