



# SWIMMING LESSONS

## Safety Guide

School Education

4

Key Benefits

16

Control Measures

19

Checklist Items

**KEY BENEFITS**

**Water Safety Skills**

Develops essential water safety skills and personal survival techniques.

**Whole Body Fitness**

Improves whole body fitness while being low impact and inclusive.

**Confidence Building**

Builds confidence by mastering progressive aquatic skills.

**Coordination**

Supports sensory regulation and coordination for a wide range of learners.

**KEY HAZARDS & CONTROL MEASURES****Drowning**

- ✓ Qualified lifeguards on duty at all times
- ✓ Ability groupings to manage deep water access
- ✓ Appropriate pupil to instructor ratios
- ✓ Constant headcounts and buddy systems

**Poolside Slips**

- ✓ No running rule strictly enforced
- ✓ Standing water cleared regularly
- ✓ Non-slip surfaces maintained
- ✓ Appropriate footwear to poolside

**Changing Room Safety**

- ✓ Appropriate supervision arrangements
- ✓ Private changing options available
- ✓ Clear behaviour expectations
- ✓ Cubicles for those who need them

**Medical Conditions**

- ✓ Medical information collected and accessible
- ✓ Staff trained on condition recognition
- ✓ Inhalers poolside for asthmatic pupils
- ✓ Emergency action plans in place

**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**

- Water quality checked
- Poolside clear of hazards
- Lifeguards on duty
- Emergency equipment accessible

**Supervision**

- Ratios appropriate
- Ability groups organised
- Changing room supervision arranged
- Headcount completed

**Medical**

- Medical info accessible
- First aider available
- Inhalers poolside
- Emergency procedures known

**Procedures**

- Safety rules briefed
- No running enforced
- Buddy system in place
- Post-lesson sweep planned



RISK ASSESSMENT  
WIZARD

# Take Your Safety To The Next Level

Create professional, customized risk assessments for your organization with our easy-to-use online wizard.

**390+**

### Activity Templates

Pre-loaded hazards & controls for every activity

**100%**

### Customizable

Add your branding & tailor to your needs

- ✓ Instant PDF & print-ready documents
- ✓ Store and update assessments online
- ✓ Add your logo & organization details
- ✓ Reuse and duplicate assessments
- ✓ Works on any device

**Start Free at [riskassessmentwizard.com](https://riskassessmentwizard.com)**

*No credit card required - Try it free today*