



The Apple International Community School

Mission And Vision – AICS is a multi-cultural and diverse learning organization which empowers students, staff, and the community to maximize their personal, creative, academic, and athletic potential. We celebrate the pursuit of lifelong learning and are committed to nurturing high self-esteem and respect for others.

SWIMMING POOL POLICY

It is the aim of the policy to ensure that all necessary measures are taken to provide safe bathing for those using the school swimming pool. In pursuit of this aim, the following procedures will be carried out.

Safety Training

All members of the PE Department will take part in the swimming pool safety training. The head of the physical department will ensure that members of the department will receive adequate training.

Safety Information

Maintenance of the pool is the responsibility of care taking staff & the chlorine levels, PH and temperature should be monitored and recorded at least twice daily. They, in consultation with other staff members, will decide whether the condition of the pool allows use.

First Aid

First Aid will be provided by school nurse – between 8.00 AM to 3.30 PM.

Lifeguard/ Teacher

- Must always carry a whistle and be suitable dressed.
- Must always be on the poolside whilst supervising swimmers.
- Must know the emergency action plan.
- Must ensure that he/she can always see all areas of the pool, including the bottom of the pool.
- Ensure that an adequate variety and amount of rescue equipment is in the pool before starting each lesson/ session. Person in charge must not leave the pool area at any time, unless another qualified person remains on the pool side with a group.
- Ensure that the safety equipment is positioned at intervals along the pool surround.
- Ensure that the tasks set are appropriate for the groups being taught.
- Ensure that the equipment does not obstruct the pool surround, thus preventing accidents.
- Must regularly practice their lifesaving techniques to ensure their effectiveness has not deteriorated.

Other Important Points

All swimmers must be made aware of the following rules:

- No one is permitted in the pool area without a lifeguard/qualified teacher being present.
- No one must swim unless in a group of three or more, one of whom must be qualified & stay on the side.
- No running.
- No diving (including racing and surface dives) in non- diving area. Diving from the deep and edge only.
- No dangerous or irresponsible behavior in changing rooms or pool area.
- All swimmers should be encouraged to use the toilets before entering the pool.
- All swimmers must know the pool evacuation and get out of the water when instructed to do so.
- No outdoor footwear allowed in the pool area.
- Must be dressed appropriately.
- Must not enter the pool with any infectious diseases or skin complaints.
- No food or drink in the pool area.

Emergency Action Plan

Evacuation Procedures:

Long blasts on the whistle are the signal for swimmers to go to the edge and get out.

- One swimmer or available student or adult to Phone Officer or Nurse or Admin Manager.
- Another swimmer or available student or adult is instructed to send any adult on hand into the pool area and then go and find the school nurse to inform her of the situation and ask for assistance.
- The lifeguard then assesses situation and rescues subject.
- Lifeguard to administer E.A.R (Expired Air Resuscitation) and E.C.C (External Cardiac Compression) if necessary, until specialized help arrives to take over.
- Adult or Lifeguard to evacuate all other swimmers.

General Points:

Lifeguard must try to:

- Always remain calm.
- Always ensure the safety of all class members. Do not turn your back – Keep students in sight.
- If possible, perform any rescue from the poolside.
- Ensure that help is sent for immediately.
- Inform student of safety procedures and practice regularly. The pool must be left in a tidy state after each lesson/session. All equipment must be taken out of the water and returned to the proper place.

RISK ASSESSMENT PROTOCOL

PHYSICAL EDUCATION



SWIMMING POOL

GROUND

