

Important Information for Participants

1) The Group

The team of instructors try and provide as comprehensive a service as possible. we will try our utmost to help and support you to participate in gentle water based activities and there is no obligation to participate in any exercise you feel will harm you. You do not need to be a swimmer as we do have balancing and resistance walking equipment.

However We are not doctors or nurses so cannot give advice on health issues. We are not allowed to administer any therapies of any sort under the terms of the insurance policies we have, It is purely swimming and gentle exercise so enjoy as much or as little of this as you want.

Emergency First Aid Support is provided by the Splash Lifeguard. If there are any specific issues that you have we need to know about them so we can pass the information on. This could be emergency medications or any personal or religious restrictions that we should know about. Generally Medications can be left with the lifeguard and they can bring them to you. They are not allowed to administer medications except in a life-threatening situation.

More Information about the group is available on our website.

www.swiminspiration.co.uk

2) Before Joining

We do not require a referral from a doctor to attend our sessions but if you are in any doubt about your health or welfare in the water Participants are requested to consult with a medical professional to ensure that it is safe to participate in gentle water-based activities.

We expect our participants to be able to get themselves to pool side in appropriate swim wear. If this requires help from your carers then

they are more than welcome but you will have to arrange this. Any support helper can then join us in the pool and help or swim with us. We do not charge for carers

Carers might also administer any medications that might be needed in the pool if they are authorised.

if you think there is any danger of the activities causing harm please just come along and watch us, assess for yourself and make your decision to join us or not.

3) The swim sessions

The first session you attend will be free. The main reason for this is so you can further assess if it is something you feel would be of benefit to you and it is something you would enjoy. We also try and show you the equipment we have and its correct usage.

Normal sessions start with some warm up exercises. For 15 minutes or so. The group then splits up and some swim lengths, some are taken through balancing exercises others will use equipment suitable to their abilities and objectives in the water.

We do ask that participants follow some guidelines during the sessions

- a) We request that participants ask for one of the instructors to be present if they are trying a new piece of equipment or new technique so that they can be supported in as safe an environment as we can provide.
- b) Remember that it is a swimming pool and that the surrounds are wet and slippery. Do not run in the poolside or changing area. Also be aware that there are steps in the outside lanes and the lane ropes should not be used for anything other than a lane divider. Be aware that the pool get deeper toward the deep end but also gets deeper as you go away from the beach area.
- c) The access to the pool is through the Beach area or steps. The Beach area is a sloping access and our instructors are happy to help participants into the pool if it is required

- d) You are advised not to wear jewellery whilst swimming but if you decide to then it is at your own risk
- e) Proper swimwear should always be worn, in compliance with the pool's swimwear policy.
- f) Participants are asked to inform the instructors of any recent change or injury in their physical wellbeing before the session starts
- g) Participants are asked to be respectful, aware of others in the pool, avoid collisions and if in a crowded lane follow the lane directions.

4) Regular Participants

We have some administration to do for regular participants which is mainly to ensure their safety. We have put together this induction pack to outline these requirements

a) Important information

This document outlines Important information about the group, what it does and how it works. Its aim is to give a feel for the group and what it is trying to achieve.

b) New members Details

This document tells us about you. It is important information that we might need in an emergency. Name and Contact details. Also next of kin details if there are any issues. This information is only kept on paper and although is kept pool side if needed in an emergency, is kept in a locked case.

There is a section for medical conditions and medications. This will only be used if there is an accident and the emergency services need to be called and is voluntary. If you do not want to give this information it may affect our ability to react in an emergency.

We ask you to sign this document to ensure that you have read through the induction pack , we have explained to your satisfaction any rules and regulation that we have to apply.

c) Other Information

We have included in the induction pack our mission statement

Finally, We accept no liability in respect of personal injury, loss or damage to property, unless caused by negligence by ourselves. Members are asked to make the instructors aware if they are asked to participate in an activity they feel will harm them.

Although not affiliated to swim England we do try and adopt their code of Ethics and safeguarding and child protection policy which covers our interactions with each other. A link to these can be found on our web site or hard copy shown on request.

Participants are responsible for informing instructors of any medical conditions or personal/religious restrictions which might affect their ability and safety in the water.