



VISITING YOUR LOCAL SWIMMING POOL

Your local swimming pool, also known as an aquatic centre, is the safest place to learn to swim and become familiar with water activities, as they offer swimming lessons and have qualified lifeguards to help you. It is important for you and your family to learn to swim before going to the beach or river. **Swimming is a skill which could save you or a family members life.**

> BEFORE VISITING THE POOL

Where can I find my local pool?

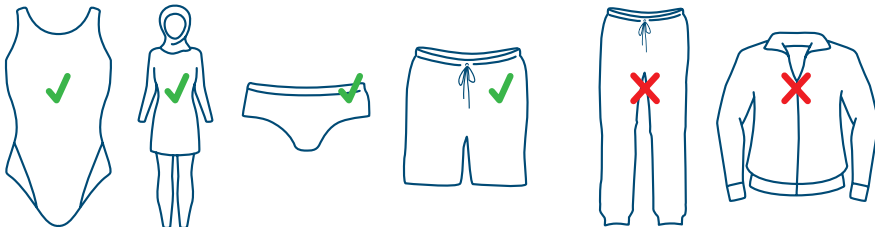
Visit your local council website to find out about the pools in your area.

Where can I find out information about how to get to the pool?

If using public transport, you can visit transportnsw.info where you can use the trip planner to find your public transport route. Alternatively, you may find the app "Google Maps" helpful.

What should I wear?

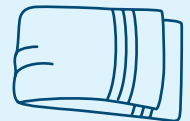
A well fitted lycra swimsuit which can be purchased at most sporting stores. Many modest options are now available. Street clothing such as leggings, underwear, t-shirts and jeans are not okay as they can become heavy when wet and increase the risk of drowning.



You can choose to wear a well fitted pair of **goggles** (swimming glasses) and a **swimming cap**. Goggles are not compulsory, but they can protect your eyes. Swimming caps may be compulsory at your pool. Contact your pool to find out their policy before going.

What should I bring?

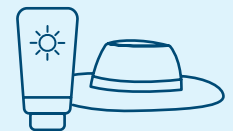
Towel



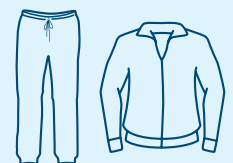
Swimming goggles



Sun cream and a hat for outdoor pools



Dry clothes for after swimming



Personal medication (e.g. inhaler)



> AT THE POOL

Who are the lifeguards?

They have uniforms that say "Lifeguard".

What do lifeguards do?

Lifeguards help you, answer questions, and keep you and your family safe. They are trained in First Aid and CPR skills. It is important you follow their instructions. However, lifeguards cannot watch your children for you. You still need to watch your children at all times while at the pool.

How can I keep my children safe at the pool?

Always watch your children – we call this supervising children around water. Children need all of your attention, all of the time at the pool. No distractions, stay off your phone and keep watch.

Guidelines for watching children:



0-5 years old and non swimmers:

Stay within arm's reach



6-10 years old and weak swimmers:

Be close, be prepared and watch at all times



11-14 years olds:

Watch at all times

What is a safe depth to dive in the pool?

Each pool has different rules for diving, but you **should not dive into a pool that is less than 2 metres deep**. There are usually signs on the side of the pool that tell you the depth of the water. If you dive into shallow water, you may get seriously hurt, such as head or spinal injuries. You must also remember to never enter water that is too deep for your swimming ability.



What amenities can I find at the pool?

Every pool is different but all centres have change rooms and bathrooms. Check the pool website to find out more information.

Is there somewhere to pray at the pool?

Most pools don't have prayer rooms. Speak to staff to find out what your options are.

Can I bring a BBQ to the pool?

Some pools have picnic and BBQ areas. Each pool has different rules. To find out, check their website or call before you arrive.

> SWIMMING LESSONS

Where can I enrol for swimming lessons?

Contact your local pool or visit their website to find out about their swim school for children and adults.

What can I do if I cannot afford swimming lessons for my children?

1. You can check different swim schools for different prices. Prices can range from \$15 to \$25 per lesson
2. **You may be eligible for the Government's "Active Kids" program** which provides two \$100 vouchers for parents/carer of school aged children to use for sports programs each year. Visit <https://www.service.nsw.gov.au/campaign/active-kids>

I want to learn but I cannot speak English well?

Contact the swim school and they may be able to help you. **We recommend visiting a "Culturally Qualified Centre"** that have staff trained to work with people from multicultural backgrounds. A list of these centres can be found at <https://royalnsw.com.au/ABOUT/Partners/Cultural-Competence>

Can myself or my children swim or participate in swimming lessons if we are sick?

Do not go to the pool or swimming lessons when you are sick and avoid swimming for at least 48 hours after being sick.

For more information and water safety resources visit:

 royallifesaving.com.au



ROYAL LIFE SAVING
AUSTRALIA



NSW
GOVERNMENT