

Guidelines for the Swimming Group

These guidelines aim to promote the safety and enjoyment of all those participating in the Thornbury & District Stroke Support Swimming Group (TDSSG). The purpose of the TDSSG is to provide Stroke Group members with therapeutic exercise in a safe and social environment. The members are assisted by volunteer helpers and an appointed 'Organiser' who oversees the running of the Group.

1.0 Guidelines for All Members & Helpers of the Group

- 1.1 The Organiser (or their deputy) appointed by the TDSSG is in overall charge of the session and you should always follow their guidance and instructions.
- 1.2 Everyone taking part in the swimming activities of the group must be medically fit to enter the pool.
- 1.3 Before you enter the water, the Organiser must be aware of any permanent or temporary medical condition you have that may affect your performance in the water. If there are any changes to your medical condition, tell the Organiser.
- 1.4 You must follow instructions from the pool staff and obey the regulations and terms of use of the complex as set out by the Thornbury Leisure Centre.
- 1.5 You must be prepared to follow any advice and safety instructions given to you at all times.
- 1.6 At least one male and one female helper must be in the relevant changing rooms when members are using them.
- 1.7 TDSSG uses the pool during a public '*Medical Health Swimming Session*'. Everyone in the Group should be mindful to treat staff, other users of the complex and their own group with respect and according to their needs.
- 1.8 With the exception of 1.9 below, at least one helper should accompany each Stroke Group Member at all times. This includes in the water (all depths), poolside and in the changing rooms.
- 1.9 If you are an able swimmer and wish to swim unaccompanied, you must tell the organiser and they will allocate helpers, either in the water or on the poolside to keep a watch on you.
- 1.10 If you see anyone in difficulty, summon help first before going to help them. Do not put yourself in danger and only act within your ability. Leisure Centre staff who are trained lifeguards should be in attendance but if they are not available to assist for any reason the session must be suspended.
- 1.11 Mechanical hoists used to assist members in and out of the water will only be operated by trained Leisure Centre staff.
- 1.12 The Leisure Centre provides buoyancy and swimming aids for our use and these must be used with care. Only use them as an aid and not as a substitute for ability. If the group supply aids or if you provide your own, they must comply with the pool regulations.

2.0 Entering and Leaving the Water

- 2.1 Members, who are able to walk (with or without help), should enter the water via the small pool or by the steps. If using the steps, go down backwards one step at a time and hold onto the handrail. A helper should be in the water to guide you. A hoist operated by Leisure Centre staff is available for those who need it.
- 2.2 At the end of the session, no members will be left in the pool unattended.

3.0 Accidents and Loss

- 3.1 The Group will do everything possible to make sure the session is safe and enjoyable but all members and helpers take part at their own risk. The group is not responsible for any accident or loss that may happen. Report any accidents and loss to the Leisure Centre staff.

Agreed By: Ann Cant

Date: August 2013

Amendment Record	
Date	Amendment
May 2014	Reviewed – minor format changes
April 2016	'Group' changed to TDSSG