

Group Swim Lessons Rules and Guidelines

In addition to the Houstonian's Pool Rules, Guidelines and Risks, each of our Group Swim Lessons levels has additional rules and risks to be aware of.

Parent-child Class Rules, Guidelines, and Tips:

- Children must wear swim diapers with tightly fitted legs.
- Limit submerging your child underwater to 3 times. (prevent dry drowning)
- Make sure the child is held safely, including while in the pool and your entry and exit.
- Be aware of your child's mood and work with it.
- Be consistent when giving commands and enforcing rules.

Preschool Aquatics and Up Class Rules and Guidelines:

Basic Class Rules:

- Do not swim before your class starts.
- Do not get in the pool until your teacher has said it is OK.
- Do not interrupt the teacher and try to save your questions until the teacher calls for them.
- Listen to and watch the teacher demonstrate.
- Do not go underwater or distract your classmates.
- Follow instructions.
- If you are not sure how to do something, let the teacher know.
- Patiently wait for your turn.
- Tell a grown-up if you need to go potty.
- Always follow safety rules at pools, lakes, rivers, and beaches.

Tips for Parents:

- Teach and reinforce safety from the very start, make it a part of every visit to a pool, lake, river, or beach.
- A child should not use any pool for 10 to 14 days following any symptoms of intestinal distress. Please do not participate in class if your child has had diarrhea or vomited due to illness.
- Read the label on sunblock. Be sure to put sunblock on 15 to 20 minutes before sun or water exposure. To protect the skin, the ingredients need to be absorbed into the skin.

- If your child swallows' water, limit the number of times they go underwater to three times. Take a 15 to 20-minute break from the water and try swimming again. Sometimes you can tell a child is drinking water if their tummy becomes distended. (if you see that, take a break)
- Always ask your child to try to use the restroom when you are getting their swimsuits on.
- Make sure a child takes a rest and restroom break every hour to 1.5 hours. This helps prevent accidental pool contamination, and it gives the child time to rehydrate and rest.

Basic commands for parents to give young children around water:

- Do not go into the pool unless I am in, and I have said it is OK.
- Tell a grown-up if you need to go potty.
- Listen to and watch the teacher.
- Follow instructions.
- Wait for your turn.
- We are done swimming when I say it is time to go.
- Try not to swallow the water.

Risks

As with any activities in or around the water, there are risks, known and unknown. Besides the risks noted in the general Pool Rules, Guidelines, and Risks, a child who participates in an outdoor swimming program may experience or be exposed to:

- Chemicals in the water are used to balance and sanitize the water. The chemicals are expected to be maintained within the City of Houston Health and Safety Codes. These chemicals may irritate a child's skin and eyes. Their hair may become dryer or bleached, and their swimsuits may fade.
- Insects and Wildlife: Our pools are outside and in wooded areas. There may be biting or stinging insects such as mosquitoes, ants, bees, wasps. There may be animals present such as squirrels, armadillos, raccoons, snakes, etc.
- The pool decks have water on them and may become slippery. Everyone should walk with caution to avoid slipping and falling.
- Swimming toys that are sitting by the pool may be a trip hazard.
- Swimmers may run into each other, or they may impact the wall. This hazard typically reduces as the swimmer gains control of steering their bodies and learns to respond to visual signals approaching the wall.