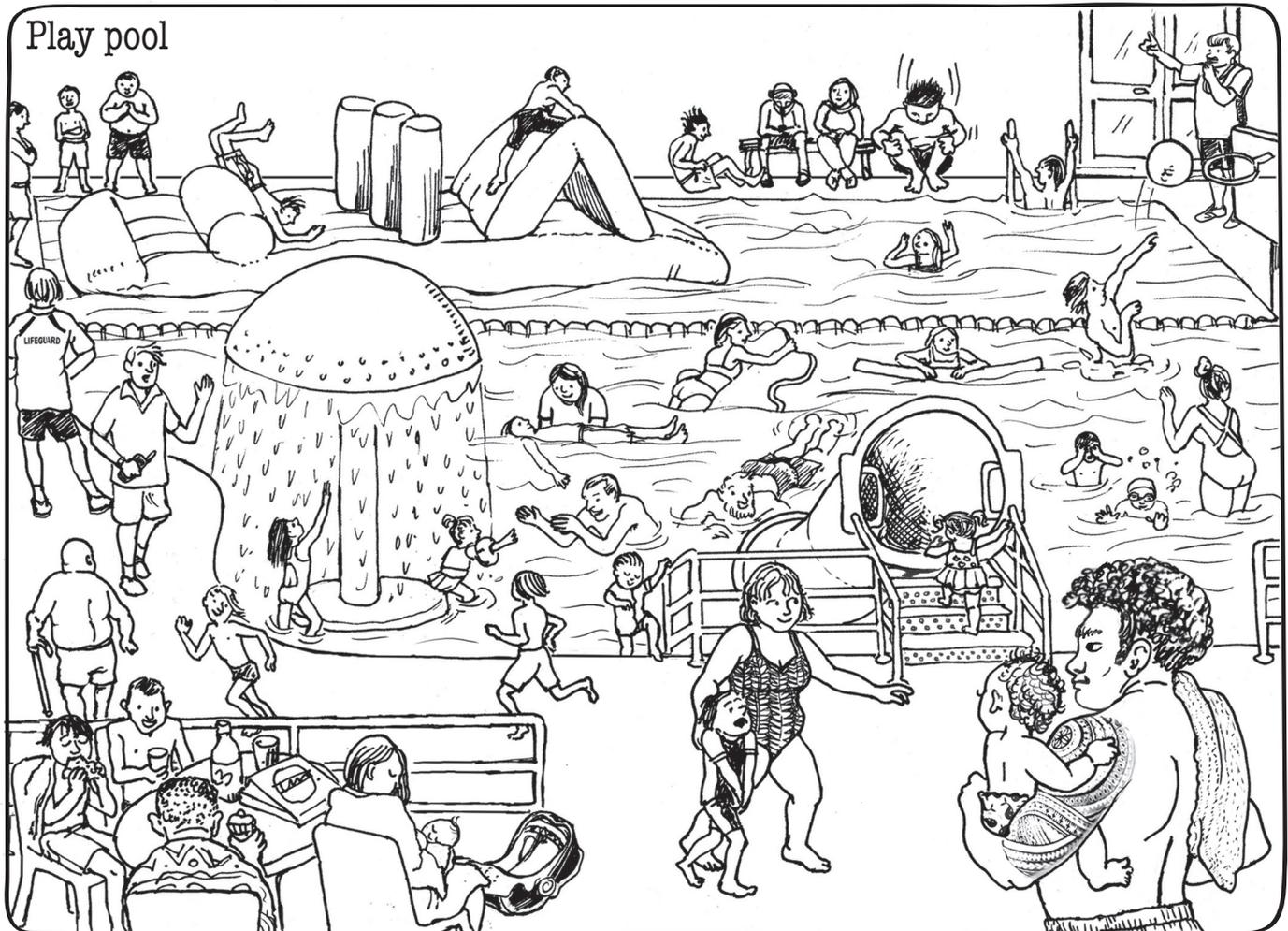


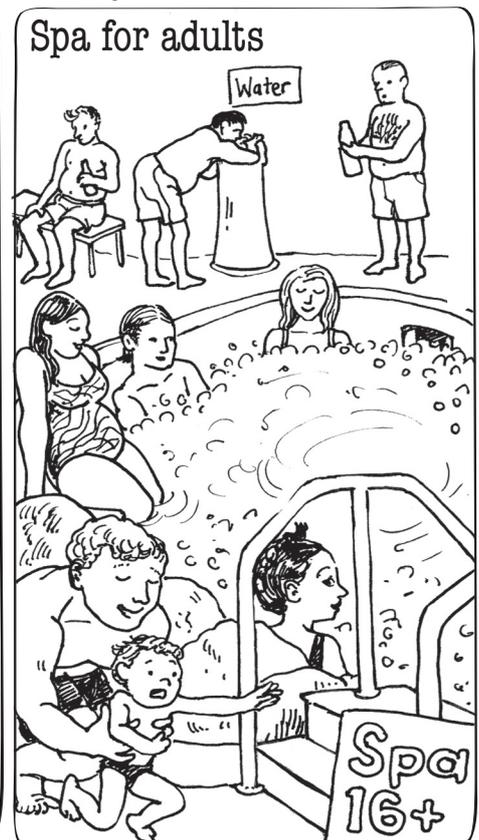
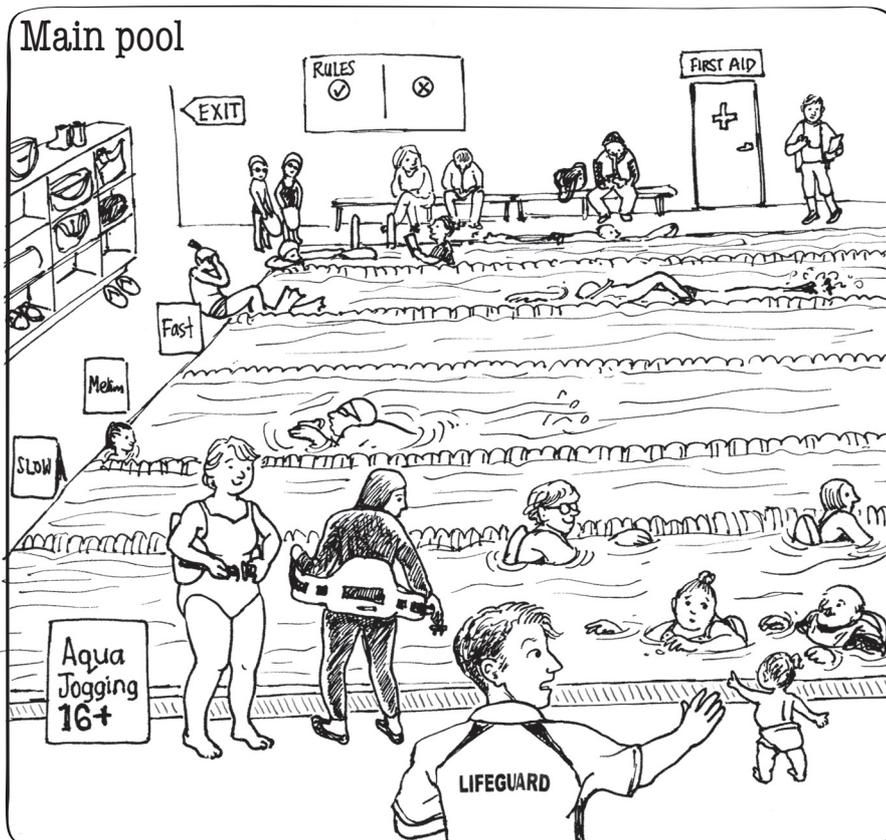
# At the Swimming Pool



**Children under 3:** Must wear a swim nappy or waterproof pants and can only be in the water with a carer (over 16+)

**Children under 5:** Must be within arms reach of a carer (16+)

**Children under 8:** Must be carefully watched by a carer (16+)



## A Water safety supplement – at the swimming pool

Note for tutors: This resource is intended as a supplement to the main *Water Safety* resource on the [ELP website](#). It deals with water safety at swimming pools.

### ACTIVITY 1: Spot the action (Suggested answers Page 5)

**Ask your learner to spot the following activities happening in the swimming pool. Then discuss which ones are Dos and which ones are Don'ts. (Answers Page 5)**

#### By the Play pool:

A baby wearing a swim nappy

A woman breastfeeding her baby

A man waiting to catch his little girl who is coming off the water fountain

A group of people eating and drinking close to the water

A man doing a "bomb" in the deeper part of the play pool, with a lifeguard blowing his whistle

A woman teaching a child to do a "starfish" (float on her back)

Two boys running around by the pool close to an old man with a stick

A person swimming on a "noodle" flotation device

A woman supervising children as they play on the inflatable water course.

A man with headphones looking down at his phone

#### By the Main pool

Two women getting ready to do Aqua Jogging, one is wearing a "burqini" (modesty swimwear)

A person with snorkelling gear getting ready to go into the fast lane

An unsupervised toddler close to the water (with a lifeguard pointing at her)

#### By the Spa pool

A man stopping his toddler from getting into the Spa Pool

Adults sitting in the pool

A man drinking with his mouth very close to the water fountain

### Now categorise them into

1. Things you should do to ensure safety - Dos
2. Things you shouldn't do because they are unsafe or inconsiderate – Don'ts

Make some more sentences describing what you can see in the picture. – you can play the True/False game where you make sentences that are either True or False, and the listener needs to respond *True* or *False*.

**Activity 2: Look at the signs (grammar, writing) (Suggested answers Page 7)**

**Expand these signs into full sentences, and give a reason why you should or should not do the action in the sign**



Don't... because...



Don't... because...



Don't... because...



Don't... because...



Don't go in... because...



You can....



You can't...



You must... because



You can only...



You must...



You musn't ... because...



Don't ... because you might...

### Activity 3 - Supervision rules (note, these may vary from pool to pool) (Suggested answers Page 9)

Look at this sign and decide who can and who can't take their family to the pool without another adult to help.

- Mele has three children: Twins Jake and Talia, who are both 4, and Adam who is 3
- Yumi wants to take her son Oliver, 8 and three friends from his class at school
- Raihana has four children: Mohammed is 4, Ali is 7, Ahmed is 8, and Karim is 9
- Maria has three children Carlos is 3, Veronica is 4 and Javier is 6.

Jerry is planning a swimming pool birthday party for his daughter Fiona, who is turning 7. She is inviting her class of 25 children. How many other parents (at a minimum) will need to stay to supervise?

## POOL RULES

Please help us keep your children and families safe at our pool by following these simple rules:

**Children 10 years and under:**

- Must be actively supervised by a caregiver 17 years or older.

**Actively supervised means:**

- Watching your children at all times and able to provide immediate help.
- At a close distance where you can see, hear and be heard by your child. Your child must be able to see you.

**Children 4 years and under:**

- In pools other than shallow toddler pools, children must be accompanied in the pool and within arms reach of a caregiver 17 years or older.

### Maximum adult to child ratios.



**One adult to two Under 5's**



**One adult to four 5-10yr's**



**One adult to one U5 and three 5-10 yr's**

## ACTIVITY 1: Spot the action - suggested answers

### By the Play pool:



A baby wearing a swim nappy. Most swimming pools have a list of correct swimwear and require under threes to wear swim nappies.

A woman breastfeeding her baby. Women have the right to breastfeed in public in NZ.



A man waiting to catch his little girl who is coming off the water fountain. He is supervising his toddler at arm's length, in the water with her.

A group of people eating and drinking close to the water. Unless they are in a designated eating area, they should not have food or drink close to the pool.



A man doing a "bomb" in the deeper part of the play pool, with a lifeguard blowing his whistle. Bombing is usually forbidden as it is dangerous to other users. This man looks as though he is going to land on top of another swimmer.

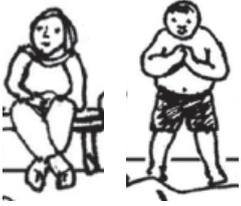
A woman teaching a child to do a "starfish" (float on her back). This is a good safety practice to teach children and is often an essential part of swimming lessons



Two boys running around by the pool close to an old man with a stick. Running is dangerous as surfaces are slippery and you may knock into other users.

A person swimming on a "noodle" flotation device. Flotation devices are permitted.





Parents supervising children as they play on the inflatable water course. Older children should also be actively supervised

A man with headphones looking down at his phone. This adult is unable to actively supervise any children under his care as he cannot hear them and is not looking at them



### By the Main pool



Two women getting ready to do Aqua Jogging, one is wearing a "burqini" (modesty swimwear). There is an aqua jogging area in the pool. Specialised modesty swimwear is usually permitted in pools.

A person with snorkelling gear getting ready to go into the fast lane. The swimmer has chosen the right lane for his speed



An unsupervised toddler close to the water (with a lifeguard pointing at her). Children under 5 need to be supervised at arm's length.

### By the Spa pool

A man stopping his toddler from getting into the Spa Pool. Only people over 16+ can go in the spa pool



Adults sitting in the pool. They are over 16. Be careful not to overheat, keep hydrated!

A man drinking with his mouth very close to the water fountain. This is unhygienic – better to fill your water bottle like the man waiting.



## Activity 2: Look at the signs (grammar, writing) Suggested answers

Expand these signs into full sentences, and give a reason why you should or should not do the action in the sign



Don't bomb because you could land on someone else in the water, and because you will splash everyone.



Don't push someone into the water, because they could land on another swimmer, and also they might not know how to swim.



Don't eat near the swimming pool because food could go in the water.



Don't bring glass near the swimming pool because it could break and cut people's feet.



Don't go in the pool because there is poo in it.



You can change in here if you are a family and can't go in the Women or Men changing rooms.



You can't use this pool because there is a swimming class.



You must have a shower before getting in the pool to keep it clean.



You can only swim from one end of the pool to the other. You can't stop or play.



You must supervise your children appropriately, depending on their age.



You musn't run because you might slip or knock into other users.



Don't dive because you might knock your head on the bottom.

### Activity 3 - Supervision rules Suggested Answers

Look at this sign and decide who can and who can't take their family to the pool without another adult to help.

- Mele has three children: Twins Jake and Talia, who are both 4, and Adam who is 3.  
*No, Mele will need another adult as she has three children under 5.*
- Yumi wants to take her son Oliver, 8 and three friends from his class at school.  
*Yes, Yumi can take the four children aged 8 to the pool without another adult*
- Raihana has four children: Mohammed is 4, Ali is 7, Ahmed is 8, and Karim is 9.  
*Yes, Raihana can take one under 5 and three children 5-10.*
- Maria has three children Carlos is 3, Veronica is 4 and Javier is 6.  
*No, Maria will need another adult as she has two under-fives and one 5-10.*

Jerry is planning a swimming pool birthday party for his daughter Fiona, who is turning 7. She is inviting her class of 25 children. How many other parents (at a minimum) will need to stay to supervise?

*Jerry will need a minimum of six other parents, but each adult will need to be allocated a group of four children to supervise actively.*

