



FIELD TRIP GUIDELINES:

**Swimming Activities
Public/Commercially Operated Pools
& Water Parks**

NOTE: All districts/schools must provide a minimum of two (2) Red Cross Certified Life Guards for all swimming related activities in any Public or Commercially Operated Pool.

Overview

- For every child who drowns, six receive emergency department care for near-drowning or non-fatal submersion injuries. Half of those seen in the emergency department require hospitalization
- Nonfatal incidents can result in serious injuries including brain damage.

Groups at Risk

- Children 1 to 14 years of age: In 2000, 943 children ages 0 to 14 years died from drowning. While drowning rates have been declining slowly over time, it remains the second-leading cause of injury-related death for children ages 1 to 14.

Safety Guidelines For Public/ Commercially Operated Pools

1. Please follow these adult to student ratios when arranging groups: 4th grade & up-- 1 adult: 10 children 3rd grade & below-- 1 adult: 5 children.
2. Maintain constant supervision. Watch children around any water environment (pool, stream, lake, tub, toilet, bucket of water), no matter what skills your child has acquired and no matter how shallow the water.
3. Proper swim attire required in pools; cut-offs, gym shorts and tee shirts are not allowed.
4. Do not enter the pool if you have a communicable disease or an open cut.
5. Bandages must be removed before entering the water.
6. Don't swim when you have diarrhea...this is especially important for kids in diapers.
7. Don't swallow the pool water.
8. Practice good hygiene.
9. Take students on bathroom breaks often.
10. Change diapers in a bathroom and not at poolside.
11. Diving into unfamiliar water is a major reason for aquatic-associated spinal injuries. The easiest tip to remember regarding water safety is never dive into any unknown water.
12. NEVER leave a child unobserved around the pool; keep your eyes on children at ALL TIMES.
13. Designate a "water watcher."
14. Keep toys away from the pool; they can cause a child to fall into the water.
15. Keep basic lifesaving equipment by the pool and know how to use it. A pole, rope and life preservers are recommended.
16. Review CPR instructions and the 9-1-1 Emergency number in the pool area.
17. Ensure children always swim with a buddy.
18. Don't depend on floating toys; they are not designed to save lives. Use approved lifesaving equipment.
19. Always swim away from diving boards and slides; when jumping, diving or sliding, be sure to wait until others clear your landing area before entering the water.
20. If you are overheated, enter the water slowly. Rapid temperature changes can cause you to faint or lose muscle control.
21. Teach older children to watch out for younger children.
22. Don't run or engage in horseplay on pool decks. Decks are very slippery when wet

23. If you see someone drowning:

- Call 9-1-1 immediately. The National Spa and Pool Institute advises access to a telephone, cell phone, or cordless phone in any pool area.
- If the victim is within throwing distance, throw a floatable object to them. This includes a life jacket, kick board or even an empty gallon jug.
- If the victim is within reaching distance, assist them by extending something long, such as a rope, pole, ring bowie or a tree branch.
- If you must enter the water to assist someone, take a flotation device large enough to carry two adults safely. Keep the device between you and the person in distress; even a child can put an adult at risk in deep water.

Safety Guidelines For Activities at a Commercial Water Park

1. Please follow these adult to student ratios when arranging groups: 4th grade & up-- 1 adult: 10 children 3rd grade & below-- 1 adult: 5 children.
2. Maintain constant supervision. Watch children around any water environment (pool, stream, lake, tub, toilet, bucket of water), no matter what skills your child has acquired and no matter how shallow the water.
3. Proper swim attire required in pools; cut-offs, gym shorts and tee shirts are not allowed.
4. Do not enter the pool if you have a communicable disease or an open cut.
5. Bandages must be removed before entering the water.
6. Use of gum and tobacco products is prohibited. No food permitted on pool level. No food or beverage carry-ins allowed.
7. Shower before entering the pool and after use of toilet facilities.
8. Children who are not yet toilet trained must wear an approved swim diaper (may be purchased at park reception desk). Children in swim diapers will be restricted to use of the kiddy pool only.
9. Do not bring animals into the water park.
10. The use of all floatation devices is prohibited.
11. Inflatables, squirt guns, balls and snorkels are prohibited; small toys may be used in the kiddy pool at the discretion of the lifeguard.
12. Do not hang on ropes or nets.
13. Shoulder riding and excessive splashing prohibited.
14. NO DIVING ALLOWED.
15. No running in pool or deck area
16. No pushing, dunking, shoulder riding or other inappropriate behavior allowed in facility
17. No glass/hard plastic allowed on deck
18. Lifeguards are in charge at all times, and adults in attendance may be requested to assist the lifeguards.
19. Lifeguards have final authority on all safety issues.
20. Failure to follow water park rules will result in disciplinary action, with the possibility of dismissal from pool area.
21. Follow the instructions of the attendant.
22. Riders must go down the slide feet first, lying on their back or seated.
23. No standing, kneeling, rotating or stopping in the slide.
24. Riders must keep their hands inside the slide.
25. No one is allowed to catch a rider at the bottom of the slide besides the lifeguard stationed in the plunge area.
26. Upon exiting from the slide, swimmers must move out of the splash area immediately.
27. No running or horseplay on the stairs, landings or waterslides is allowed.
28. No sunglasses, eyeglasses, goggles or swim masks can be worn on the waterslides.