



Parent Orientation Information

Mission Statement: To provide a safe and enjoyable aquatic experience for the pre-school child.

Facility Orientation

1. Children under 8 years must be supervised within arms reach by a responsible person (minimum 14 years of age) at all times when at the facility.
2. Parents must accompany child through the locker room until the instructor has taken responsibility for the child.
3. Use of other amenities (e.g. hot tub, steam room, etc.,) are not included with the lessons.
4. If the parent and child arrive early, they must wait away from the pool's edge until the instructor arrives to begin the lesson.
5. Parents should familiarize themselves with emergency exits within the facility.
6. Parents should be aware of hazards in the pool area:
 - Water depth
 - Gutters and troughs
 - Benches and chairs
 - Slides
 - Railings
 - Slippery locker room floors
 - Slippery decks
 - Open locker doors
 - Change tables
 - Diving boards
 - Spectator areas
7. Parents should know the location of the First Aid Room
8. Please return program card to the facility at the start of the lessons

Water Safety

1. Young Children are never water safe. Supervision is a must at all times.
2. Preschoolers (0-8 years) should be within arms reach at all times
3. Parented Pre-school lessons will be conducted where parents can comfortably stand in the water.
4. Floatation devices (e.g. water wings, bubbles, PFD's) are to used as teaching aids and are NOT to replace the need for supervision. Care should be taken when introducing floatation devices as it takes time for the child to gain balance in the water.
5. Children with floatation devices on are NOT to be taken on the diving boards, large slides and/or ropes. This is due to the unpredictability of a pre-schooler and the danger of the flotation device coming off.
6. Parents should familiarize themselves with the general rules and regulations of the facility.

Health Concerns

1. Children who are 35 months of age and under must wear plastic pants over their swim diapers in an effort to minimize bodily contaminants entering the pool water. Disposable diapers cannot be worn as they become waterlogged and disintegrate allowing matter into the pool. Plastic pants and swim diapers may be purchased at the facilities.
2. A short sleeve T-shirt can be worn to provide extra warmth to the child
3. To prevent irritations, children's ears must be dried as thoroughly as possible before leaving the facility.
4. The immersion of a child's head in Hot Pools is not recommended due to health reasons.
5. Exposure to hotter environments (e.g. steam room, saunas, hot tubs) can cause small children to become overheated quickly. Control of body core temperature in small children is not as developed as in adults and therefore the children can suffer heat exhaustion effects more readily.
6. Children should avoid rubbing their eyes as this can result in irritations.
7. Standard precautions for infectious diseases should be taken. These diseases are transmitted through physical contact. Since children participate in group settings, others can also be infected (e.g. common cold, pink eye, chicken pox, etc.)
8. Submersion of young children should be limited and brief (less than 5 seconds). Any longer could result in tiredness, vomiting, increased urine output, bloated stomach and other symptoms.
9. The lungs of young children up to the age of 8 are poorly developed. Prolonged breath holding or submersion could cause a lack of oxygen to the brain. Any such activities should be strictly avoided.