

A quick checklist for parents



The new Baby and Toddler Swimming Teaching Safety Guidelines provide reassurance for parents and carers that important quality aspects for baby swimming lessons and underwater photography have been carefully considered. Here's a simple summary of what to look out for.

■ The Swim School



Training

Teachers should have an industry-recognised swimming qualification **specific** to teaching babies and toddlers. There should also be a trained lifesaver and first aid member of staff available **at all times** throughout the class.



Safeguarding

All employees who work directly with children should have undertaken **relevant criminal records checks**, have attended a Safeguarding Children in Sport course and have been trained in its swim school's safeguarding policies and procedures.



Health and hygiene

All children under four should wear a **double-nappy system** for their swim class - a disposable or reusable swim nappy, with a snug-fitting neoprene nappy on top with close-fitting leg and waist ribs.



Temperature

Pools should be heated to **at least 32°** for children 0-3 months old, 30° for children 3-12 months, up to a maximum of 35°.



Pool safety

Swim schools should monitor pool conditions closely to ensure its venues are maintained **safely and efficiently**. They should carry out risk assessments at each pool to ensure they operate to the highest health and safety standards.



Insurance

Swim schools should be **fully insured**, with both Public Liability insurance and professional indemnity protection to £10 million.

A quick checklist for parents



■ The Lessons



Structure

Some swim schools offer a highly evolved programme with clear aims and objectives, while others offer something that's rather less developed, so make sure **you know** which you're getting.

Taking a baby underwater is an important part of a lesson structure, but it should **never be the main focus** of the lesson.

Lessons should always **evolve at your child's own pace**, and place emphasis on both of you having fun.



Underwater photography

The person who will be swimming little ones at the photo shoot should be a **fully qualified** baby swimming teacher who's been trained in the act of intentional submersion.

Babies should only be submerged at a photo shoot when they have **experienced previous submersions** and are comfortable with the process.

For more information on the new guidelines please visit www.swimming.org/go/parents/baby-swimming/ and click on 'Peace of mind for families'.