



## **Parental Guidance for Children Supervision**

### **Shannon Swimming & Leisure Centre**

#### **Children accessing the Swimming Pool**

Children under the age of 10yrs must be accompanied in the pool by someone 16yrs or older

- Ratio of 1:3
- Can be more depending on the ability of the children. If they can pass the swim competency test of 50m (2 lengths) front crawl to a good standard and 1 minute treading water in the deep end they are not considered in the ratio.

Children under the age of 8yrs must be accompanied by an adult 18yrs and over

- Ratio of 1:2
- Can be ratio of 1:3 depending on the following factors
  - Swimming ability
  - Height
  - Maturity
  - Type of session on in the pool
  - flotation devices that support's the child's body weight is used e.g. arm bands or float suit

Children under the age of 4 years must be accompanied by an adult 18yrs and over

- Ratio of 1:1
- Can be a ration of 1:2 if recognised flotation devices that supports the child's body weight are used e.g. arm bands or float suit

### Children accessing the Sauna & Steam

- U18's are not permitted to use the Sauna & Steam Rooms

### Children accessing the Gym

- 13yrs + can access Cardio Fitness Suite up to 6:30pm
- You must be 18yrs + to access the Strength & Conditioning Gym
  - 16yrs+ can access the Strength & Conditioning Gym if they have completed the SLC Learn to Lift course prior.

### Document Control & Version Updates

| Version          | Reason for Change | Changes By   | Date of Change             |
|------------------|-------------------|--------------|----------------------------|
| Original Version |                   | Karl Fogarty | 30 <sup>th</sup> July 2021 |