

# Soho Swim Health & Safety Policy

## Preface

This policy outlines the health and safety expectations for all students, parents/guardians, and staff involved with Soho Swim. It ensures a safe, respectful, and healthy learning environment for all participants.

## General Health & Safety Guidelines

### Pre-Lesson Health Requirements

Students must not eat within one hour prior to the lesson.

Under no circumstances should a swimmer attend lessons if they have experienced symptoms of any illness (e.g. vomiting, diarrhoea, fever) in the 48 hours preceding the lesson.

If you are unsure whether you are fit enough to swim, please consult your doctor in advance. Always inform staff of any special requirements.

Do not attend lessons if you have had an upset stomach in the last two weeks.

### Medical Disclosure

Soho Swim must be informed in writing of any disabilities or long-term injuries prior to booking lessons.

We reserve the right to cancel lessons without refund if this information is not disclosed in advance.

# Poolside Safety & Behaviour

## Poolside Rules

All students must follow poolside rules as outlined by their swimming instructor at the start of each session.

Swimming instructors must be listened to at all times. They are trained professionals ensuring everyone's safety.

Prohibited activities include:

- Running
- Bombing
- Back-diving
- Pushing

Always check the water is clear before jumping. Pushing others is strictly prohibited.

Diving is only allowed in clearly designated areas.

Please shower before and after your swim.

Spectators must remain in the designated seating areas. The designated seating area at our current venue includes the benches on poolside only.

## Swim Safely Rules

### Supervision Ratios

Children under 8 and non-swimmers under 16 must be accompanied by a competent adult swimmer.

Each instructor is permitted to have a maximum of 4 swimmers per class.

## Safety for Non-Swimmers

All non-swimmers (including adults) are recommended to remain in shallow water only.

Use of suitable buoyancy aids is strongly encouraged for non-swimmers and children under 8.

## Swimwear Policy

### What to Wear

All swimmers must wear clean, appropriate swimwear. Improvised swimwear such as cut-off jeans is not allowed. Please refer to the guide below for approved swimwear:

Approved Swimwear for Adults & Young Children:

Adults:

- Swim hat or hair tied up
- Swimming costumes, trunks, speedos or swim shorts
- Tankinis or full coverage bikinis
- Burkini or wetsuit-style suits
- Close fitting long/short sleeve tops, lycra leggings, or  $\frac{3}{4}$  length board shorts

Young Children:

- Swim hat or hair tied up
- Swimming costumes or trunks
- Swim nappies (if required)
- Tankinis/full coverage bikinis
- Knee/elbow-length suits or neoprene float jackets

If in doubt, ask a staff member for guidance on appropriate swimwear.

## Policy Agreement

By booking or participating in lessons at Soho Swim, you confirm that:

- You understand and accept the terms of this Health & Safety Policy.
- You agree to adhere to all health and safety rules as outlined.
- You have disclosed any relevant health information before attending sessions.

Date of Change: 24/06/2025

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