



Aquatots:

Class Rules and Guidelines

In addition to the Houstonian's Pool Rules, Guidelines and Risks, each program has additional rules and risks to be aware of.

Within the Aquatots age group, children are just becoming oriented to their parent's commands and requests- therefore, the class guidelines and suggestions really apply to the parent.

- Children must wear swim diapers with tight fitting legs
- Remember, with students age 2 – 3, the parents/care givers must be focused on the safety of the student at all times.
- Be consistent when giving commands.
- Be consistent with enforcing rules.

Basic rules for parents to begin teaching young children:

- Do not get into the pool unless I am in and I have said it is OK.
- Try not to swallow the water.
- Tell a grownup if you need to go potty.
- Listen to and watch the teacher. Follow instructions.
- Wait for your turn.
- We are done swimming when I say it is time to go.

Tips:

- Make sure the child is held in a safe manner. This includes while you are in the pool and your entry and exit.
- Be aware of your child's mood and work with it.
- Teach safety from the very start, make it a part of every visit to a pool, lake, river or beach.
- A child should not use any pool for 10 – 14 days following any symptoms of Intestinal Distress. Please do not participate in class if your child has had diarrhea or vomited (due to illness).
- Read the label on sun blocks- Be sure to put them on 15 – 20 minutes before sun or water exposure. The ingredients need to be absorbed in to the skin to protect the skin.
- If your child swallows water, limit the number of times they go under water to three times. Take a 15 – 20 minute break from the water and try swimming again. (Sometimes you can tell a child is drinking water if their tummy becomes distended – If you see that, take a break...
- Always ask your child to try to use the restroom when you are getting their swim suits on...
- Make sure a child takes a rest and restroom break every hour to 1.5 hours. This helps prevent accidental pool contaminations, and it gives the child time to rehydrate and rest.

Risks: As with any activities in or around the water, there are risks, known and unknown.

Besides the Risks noted in the general Pool Rules, Guidelines and Risks, a child who participates in an outdoor swimming program may experience or be exposed to :

- Chemicals in the water used to balance and sanitize the water. The chemicals are expected to be maintained within the City of Houston Health and Safety Codes. These chemicals may irritate a child's skin and eyes. Their hair may become dryer and it may bleach out some. Their swimsuits may fade.
- Insects and Wildlife: Our pools are outside and in wooded areas. There may be biting or stinging insects such as mosquitoes, ants, bees, wasps. There may be snakes, rodents and other animals like raccoons, armadillos...etc.
- The pool decks have water on them and may become slippery. Everyone should walk with caution at all times.
- Swimming toys that are sitting by the pool may be a trip hazard.
- Swimmers may run into each other, or they may impact the wall. This hazard typically reduces as the swimmer gain control of steering their bodies and they learn to respond to visual signals that they are approaching the wall.