



## Angel Fish, Sea Horses and Star Fish

### 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.

#### Basic class rules:

- Do not swim before your class.
- Do not get in the pool until your teacher has said it is OK.
- Do not interrupt the teacher. Try to save your questions until the teacher calls for questions.
- Listen to and watch the teacher demonstrate. Do not go underwater or distract your class mates.
- Follow instructions. If you are not sure how to do something, let the teacher know.
- Patiently wait for your turn.
- Tell a grownup if you need to go potty.
- Always follow safety rules at pools, lakes, rivers and beaches.

#### Tips for Parents:

- Teach and reinforce safety rules from the very start. Make safety discussions 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.
- 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.