



Child Admissions at Virgin Active's Pools

The age, use of buoyancy aids and verified swimming ability of a child will determine their suitability to use a pool. As such we have adopted the following adult to child supervision ratios:

Children's Age	Parent to Child Ratio If children cannot swim or are not wearing a buoyancy aid	Parent to Child Ratio If <u>all</u> children can either swim (Sharks) or are wearing a buoyancy aid
0-3	1:1	1:2
4-7	1:2	1:3

The table below helps explain the options and sample scenarios:

	0 - 3 yr old children		4 to 7 yr old children			Considerations
1 Adult	x	x				Both children must wear buoyancy aids*
1 Adult		x				Single children do not need a buoyancy aid – although it is recommended.
1 Adult		x	x			Both children must wear a buoyancy aid* unless the older child has passed the Sharks test
1 Adult			X			Single children do not need a buoyancy aid – although it is recommended.
1 Adult			X	x		Both children do not need a buoyancy aid – although it is recommended.
1 Adult			X	x	X	All children must wear a buoyancy aid* unless they have passed the Sharks test

- *All buoyancy aids must comply with British and European Standards - EN BS 13138
- Children 8 years and older are not included in the ratio.

An adult must supervise their child in the water and not from the side if the child is under 8 regardless of swimming ability and use of buoyancy aids, with the exception of the note below on designated non-swimmers areas and paddling pools. According to current industry guidance, direct adult supervision of children only applies to those under 8 years old. The supervision of children aged 8 to 15 are subject to prevailing operational club rules.

Lifeguards will question parents and children if the ratios or parental supervision is not being met.

Grey Sharks Test (4 – 7 years)

This test must be certified by a Level 2 Swim Instructor who will check that a child can:

- Hold a submerged mushroom float position for **5** seconds, then;
- Tread water for 1 minute
- Swim 50 metres **un-timed** – demonstrating recognised arm and leg actions and an ability to swim on their front and back

Once the test is passed, a Grey rubber “sharks” band will be issued to the child to be worn in the pool at all times.



Child admissions 8-15 year olds

Children over the age of 8 are exempt from the adult to child ratios; children still need to be supervised by an adult whilst in the pool unless they have passed the advanced Sharks Test

Advanced Sharks aged 8–15 years:

As a red shark you can swim unaccompanied during family swim times under the following conditions:

- Participants **MUST** be aged 8 years or over and have passed the Advanced Shark test to swim unaccompanied. (Unaccompanied is where the responsible adult does not have to actively supervise the child while in and around the water.)
- The Shark should wear their Red Sharks wristband when in or around the pool to assist the lifeguard in identifying competent Shark swimmers.
- The responsible adult must stay within the facilities while the child is on site, and the child will remain the responsibility of the adult for the duration of the visit.
- The responsible adult should accompany the child throughout the rest of the facility.

This test must only be carried out by a qualified ASA level 2 swimming instructor

- Hold a submerged mushroom float for 10 second, then;
- Tread water for 1 minute
- Swim 50 meters under 2 minutes - demonstrating recognised arm and leg actions, and an ability to swim on their front and back.

Once the test is passed, a Red rubber “sharks” band will be issues to the child, to be worn in the pool at all times.

Supervision of designated non-swimmers areas and paddling pools

An adult is a person aged 16 years and over and is directly responsible for the child.

Adults are responsible for active and constant supervision of their children at all times when the children are in and around any depth of pool water. The responsible adult must be in close proximity and not be distracted from supervision e.g. by reading a book, swimming off on their own accord. The Lifeguard(s) on supervising the pool are responsible for ensuring adherence to this.

For Children aged **0 to 3 years**, the responsible adult must be in the water to supervise their child at all times unless the pool is deemed a paddling pool (defined as a shallow pool, self contained, a constant depth of water less than 500mm and under permanent lifeguard supervision). If the responsible adult is actively supervising from the poolside the child must be wearing an approved buoyancy aid.

For Children aged **4 to 7 years**, when the responsible adult is unable to get into the water, the following controls apply:

- The child can only use a designated non-swimmers area (see definition below)
- The child must be wearing an approved buoyancy aid or have successfully completed the Shark Test as described above

A designated non-swimmers area is:

- Of kids pool-type design i.e. not the main pool
- 900mm or less in depth at the deepest part