



Swimming Health and Safety

Health and Safety

Well maintained and monitored pools pose very little threat to you or your child's health. Filter systems efficiently remove unwanted solid matter while chlorine kills practically all germs. In fact, your home bath and bathwater are more likely to make you ill. Remember also that water is not the only way that bacteria and viruses are transported. Many germs travel through air, while others are transmitted through person to person contact. At least in the pool, water born germs are at a disadvantage because of the chlorine's instant killing effect.

Consequently, we ask that you respect our precautionary health rules and refrain from lessons if your child is suffering from any of the following complaints:

- Fever
- Cold Sores
- Conjunctivitis
- Urinary Tract Infections
- Vomiting and diarrhea (within the last 24 hours)
- Ringworm
- Any other contagious disease.

Hair

Please ensure all long hair is back and off your child's face. Roedean School insists that all children wear swimming hats. Please see [WetWetWet Shop](#).

Jewellery/Earrings

Please remove all jewellery before swimming - if you have recently had your ears pierced, please see your swimming tutor

Goggles

Swimming pools are required to maintain very stringent chemical levels in the pool water. These chemicals can irritate the eyes. We strongly recommend that every swimmer has small goggles with the pupils name written on the head band in bold letters. Most children will close their eyes under the water if they do not have goggles, giving a feeling of disorientation. "Imagine learning to ride a bike with your eyes closed." You can do it but progress is slow. Goggles can make a significant difference to the speed of the learning process. Please see [WetWetWet Shop](#)