

Stirling University Swimming Club
Safety Regulations



1. Supervision

- a) Whenever a university pool is being used there should be at least one life-guard on the pool side. This life-guard should hold, at least, the Bronze Medallion and should also have a knowledge of First Aid, particularly resuscitation methods and swimming pool emergency procedures.
- b) It is impossible to specify the ratio of supervisors to pool users, because this will vary according to the ability of the students, the size of the pool and the number of supervisors available. At all times, however, the proportions must be manageable.

2. Physical Fitness of Pool Users

- a) Persons with physical disabilities such as epilepsy and diabetes will be required to report to the life-guard in charge before being allowed into the water.
- b) Persons should be discouraged from swimming after a heavy meal or alcohol.

3. General Safety Rules

- a) The life-guard should ensure that students use the pool correctly and observe all the rules laid down by the management, e.g., no running along the pool side, no 'horse-play' in the water, etc.
- b) The deep-water end must be visibly marked.
- c) Snorkels, flippers, goggles with glass lenses should only be used as part of organised group activity, properly supervised, to eliminate danger to other users.
- d) Coaching should always be undertaken from the pool-side where he/she can see all of the class. The number of students should be checked at the beginning and end of the lesson, as well as periodic checks during instruction.
- e) Life-saving rescue facilities (e.g. poles, ropes, life-belts, floats, etc.) should be in a conspicuous position on the pool-side.
- f) First aid facilities and a telephone should also be located near to the pool.

- g) Pool users should be made aware of emergency procedures, e.g., on a long blast of a whistle, the users must leave the water immediately (or some similar local rule laid down by the management).
- h) Recommended minimum water temperature for unheated pools is not less than 55°F for swimmers and 60°F for non-swimmers. The minimum and maximum water temperatures for competitive use and leisure in heated pools are as follows:
 - (i) Competitive Use - Minimum = 77°F; Maximum = 80°F.
 - (ii) Leisure Pools - 80°F and increased to suit the person concerned.
- i) All university pools should be locked when not in use.
- k) In large pools and open water it is often advisable to distinguish non-swimmers by having them wear coloured caps.

4. Diving

- a) Diving is a specially attractive and challenging branch of swimming. It is also very hazardous and therefore strict care and control must be observed, particularly when diving from boards.
- b) 'Running' dives should not be permitted.
- c) Plunging (not diving) may be done in water with a depth of at least 1.7 metres.
- d) Diving from the pool-side: the minimum depth of water for diving from the pool-side is 2.7 metres.

5. Lighting

- a) As a general rule, all fittings should be well out of reach of bathers and spectators and should be easily accessible for maintenance.
- b) The aim should be to provide a uniform intensity of light for the pool, and it is recommended that this intensity should be 15-26 lumens. If the general illumination is high and carried over the diving boards, no further special provision for diving is necessary.
- c) The lighting should be divided into two sections, these being fed by separate cables and fuses so as to avoid all the lights going out by the blowing of a fuse. Most authorities insist upon emergency lights of adequate intensity, and this is desirable in any case.