



# CAVAN REGIONAL HEALTH SPORT & LEISURE COMPLEX

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## **GUIDELINES FOR SCHOOLS**

### **INTRODUCTION**

Our school swimming programme is designed to give each school an opportunity to take part. Each school will be allocated their times on receipt of completed booking forms. Good attendance is to be encouraged to ensure the smooth and successful running of each session.

### **INSTRUCTION**

Instructors will be provided to teach the classes, it is, however, of the utmost importance that the teachers accompanying the group assist the Instructors as much as possible. This can be done by organising children into their appropriate sections, monitoring discipline and always observing that standards of safety and hygiene are upheld. Good co-operation from teachers will lend itself to the success rate of the class.

### **LIFEGUARDS**

The safety of the children will be of the utmost importance, therefore, our instructors will ensure supervision, instruction and discipline at all times while children are in or out of the water.

### **SAFETY IN THE POOL**

During the initial visit to the pool, pupils' attention will be drawn to the safety and discipline rules. It is suggested that teachers outline these rules to pupils prior to visiting the pool. The rules are as follows:

- No Running
- No Diving
- No Jumping
- No Flippers or Snorkels
- No Bombing or Horseplay
- No Outdoor Shoes
- No Chewing Gum.



## **CHANGING ROOMS**

To assist schools with the supervision of children in the changing rooms we also have a changing room at the Sports Hall area. These changing rooms can be used by schools when there is no male/female teacher available. Teachers must request to use these changing rooms.

Rule for using these changing rooms:

- All children **MUST** wear flip flips and towel/bath robe to and from these changing rooms.

## **HYGIENE**

- Pupils must shower before entering the Pool.
- Pupils are encouraged to use the toilet before entering the Pool.
- Foot inspections will take place on week one. Pupils' will be requested to kneel down on poolside while the Instructor carries out the inspection. This will help reduce the risk of contracting veruccas, athletes foot etc.
- Pupils are advised to wear flip-flops to and from the pool and while they are showering, this will also help prevent the spread of veruccas etc. Swim socks are recommended either.
- Swim caps must be worn at all times.
- Children with any skin disorders or other medical conditions should consult their doctor before using the Pool and, in return, inform the Complex staff.
- After their swim children tend to be negligent when it comes to drying themselves. They should be encouraged to shower and dry themselves thoroughly.
- Changing rooms should be checked for any items left behind before leaving the Complex.

## **ENVIRONMENTAL AWARENESS**

- There are a number of bins in all areas of the interior building; viewing area, changing rooms, reception, restaurant, sports hall, etc.  
(Children are encouraged to place their waste in the bins provided).

## **EMERGENCY AND EVACUATION PROCEDURES**

- In the event of an emergency please ensure all children are aware of an alarm system.
- On hearing the fire alarm or any other (alarm within the building) please ensure the children follow the direction of our trained staff.
- On sounding the alarm all children will be directed to the nearest emergency exit door and then to a safe assembly point.
- At the assembly point all children will be counted.

These guidelines are set out for all groups and schools using the pool. Please ensure children and their parents are made aware of the Complex guidelines laid out by Cavan Regional Health Sport & Leisure Co. Ltd.