We’re All in This Together!
COLOURING & ACTIVITY BOOK
Learn to swim and be safe around water. Take swimming lessons!

POOL SAFETY
- Evacuate pool and follow staff instructions when alarm/whistle is sounded.
- If someone needs your help, assist if it is safe to do so.
- If you are witness to an emergency situation, notify a staff member immediately.
- A maximum of three children under 8 years of age must be actively supervised in the pool (and on immediate deck and amenities) by a responsible person 15 years of age or older.
- *Preferably a parent or guardian.

Keep children under 8 years of age within ARMS REACH at all times.
- Children who are not supervised will not be allowed in the pool area.
- Everyone must be able to swim 25 metres on their front without stopping before entering deep water (above shoulder depth). Youth under the age of 13 years must demonstrate this ability and those 13 years of age or older may be asked to demonstrate. If a lifejacket is used for the demonstrated swim it must always be worn in deep water.
- Clean swimming apparel is required in the pool.
- No prolonged breath holding or breath holding games.

POOL PROTOCOLS
- Alert staff of medical problems (heart condition, epilepsy, etc).
- Do not swim if suffering from a cold, flu, bacterial or viral infection, communicable disease or severe skin condition. “Do not enter pool if you currently suffer from diarrhea, or had diarrhea within the last two weeks.
- Report discharges (vomit, blood, feces) immediately to staff for cleaning.
- Water contamination may result in long and costly pool cleaning and shutdown.
- No spitting and avoid swallowing pool water.
- Limit your stay in the steam room, sauna or whirlpool to no longer than 10 minutes at a time. Please consult a doctor if you have epilepsy, diabetes, high blood pressure, heart conditions or are pregnant.

AQUATIC CENTRE RULES AND GUIDELINES

POOL CHANGE ROOMS
- Remove shoes before entering change rooms or pool area.
- Finish eating and drinking before entering change room.
- Use garbage bins provided.
- Children 6 years of age and older must use the change room designated for their gender, or use the family change room.
- No open or glass containers are allowed in the change room or pool area.
- Protect your belongings by securing them in a locker.
- *Do not bring valuables to facilities. However, small lockers are available in lobby areas, free of charge, for wallets and keys.

If you require further information, please speak with facility staff or call 311.

Research shows that learning how to swim saves lives. Register for swim lessons today.

REMEMBER...
- Use of cell phones, cameras and other personal recording devices is restricted in all City of Edmonton recreation facilities. Written approval must be given by appropriate City staff members, as well as individuals recorded, in all public facility areas.
- Turn off and store all cell phones, cameras and other personal recording devices in change rooms.
- *Taking photos in change rooms and washrooms is against the law.
- Abusive, dangerous or criminal behavior will not be tolerated. Anyone not following facility rules will be asked to leave and may have privileges suspended or terminated through the Abusive Patrons Policy.

*Preferably a parent or guardian.

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Find out how deep the water is before you get in.

Answers located on page 19
Alert a lifeguard if you see someone in trouble.

Be sure a parent or caregiver is nearby when you are in or around the water.
If you can’t swim, stay in shallow water.

Be safe in a boat. Always wear a lifejacket.
Be safe around water — wear a lifejacket.

Stay within arm’s reach of your parents or caregiver at all times.
How many words can you make using letters from the following words?

WATER  SAFETY  LIFEGUARD

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Know your limitations.
Learn how to save yourself and how to be safe when you help others.

Don’t play breath-holding games in the water.

Always use an aid if someone needs help.
Obey all pool rules.

Always swim with a buddy.
Tell a lifeguard if you have any medical problems before you get in the water.