

ARKLOW TOWN FOOTBALL CLUB



GUIDANCE FOR WATER BASED ACTIVITIES



BRIDGEWATER CENTRE PARK, LAMBERTON, ARKLOW, CO WICKLOW

GUIDANCE FOR WATER BASED ACTIVITIES

SWIMMING IN THE SEA OR OTHER NATURAL WATERS

Swimming and paddling in the sea or other natural waters are potentially dangerous activities for a group. They should only be allowed as formal and supervised activities, preferably in recognised bathing areas, which have official surveillance i.e., qualified lifeguard cover. Nevertheless, young players should always be in sight of their supervisors. One supervisor should always stay out of the water for better surveillance.



A member of staff should hold a relevant lifesaving award especially where lifeguard cover may not be available.

Swimming is prohibited if there is no lifeguard present.

The Team Manager should:

- Be aware that many children who drown are strong swimmers.
- Ascertain for themselves the level of the young persons swimming ability.
- Be aware of local conditions, such as currents, weeds a shelving, uneven or unstable bottom, using local information from the lifeguard, coastguard, harbourmaster, police or tourist information office.
- Designate a safe area of water for use by the group.
- Be aware of the dangerous effects of sudden immersion in cold water.
- Ensure that the young players have not eaten (at least half an hour before swimming).
- Ensure the activity is suitable for young players (especially for those with any disabilities).
- Adopt and explain signals of distress and recall.



SWIMMING POOLS



Team Managers should consider a minimum ratio of 1 adult to 8 players for swimming pools. If using a pool that has not been used before it is advisable to check the following:

- Is there constant pool supervision and a sufficient number of lifeguards?
- Where there is no lifeguard, the Team Manager or a delegated parent volunteer should stay at the poolside at a raised location. In such circumstances, the Team Manager or parent volunteer should have a relevant lifesaving award and be accompanied by an appropriate number of supervisors.
- Is the water temperature appropriate?
- Is the water clear?
- Are there signs clearly indicating the depth and is there a shallow end?
- Does the deep end allow for safe diving?
- Is there a poolside telephone?
- Are there resuscitator and other pieces of first aid and rescue equipment, and is there someone trained to use them?
- Have the young players been instructed how to behave in and around the water?
- Swimming is prohibited if there is no lifeguard present.
- Specific parental consent should be obtained for water-based activities. Parental consent does not mean that the Team Manager or parent volunteer should not check for themselves the level of a players swimming ability.

ARKLOW TOWN FOOTBALL CLUB, IN PROVIDING GUIDELINES, DOES NOT ATTEMPT TO GIVE PROFESSIONAL ADVICE IN RELATION TO THESE ISSUES. ANY PARTY WITH A LEGAL QUERY SHOULD SEEK APPROPRIATE LEGAL ADVICE ON THE ISSUES CONCERNED.