

Ten top tips to consider when supervising pool sessions

1. Familiarise yourself with the pool operating procedures, location of safety equipment and how to summon further assistance.
2. Ensure you have a good view of the whole pool or move around to be able to check on all areas of activity.
3. As a supervisor, you should avoid getting involved in coaching or assisting with activity in order to concentrate on the bigger picture of what is happening.
4. Implement activity zoning where possible. Use different areas of the pool for different activities and consider how these areas are identified and supervised.
5. Where pool lifeguards are involved, check that they are familiar with recognising paddlers in difficulty and how to assist them, and when to pass responsibility to them.
6. Be aware of water depth and proximity of pool sides and how they might influence the activity to keep it safe.
7. Avoid using boats and/or paddles with sharp edges that could cause damage to participants or the pool. Use suitable padding where appropriate.
8. Use dedicated equipment that stays at the pool where possible, so that you know it is clean, safe and suitable for pool use.
9. Consider use of buoyancy aids and/or helmets for different activities where appropriate.
10. Use a whistle and other signals to stop or control activity and ensure that all participants are aware of what the signals mean.

