

VICSWIM Summer Kidz Code of Conduct – Parents, Guardians and Participants

VICSWIM strives to create a safe and positive environment for all participants, parents, and guardians.

To ensure the well-being and enjoyment of everyone involved, we kindly request that **parents' guardians and participants** adhere to the following code of conduct:

1. Respect for staff

- a. Please respect the authority and decisions of VICSWIM teachers and administrators.
- b. Please refrain from interrupting or disrupting lessons. If you have concerns or questions, kindly wait until an appropriate time to address them.
- c. Please follow instructions provided by staff to ensure a smooth and effective learning experience.

2. Facility Rules

VICSWIM adheres to the policies and procedures of our host venues. It is expected that VICSWIM families will do the same.

3. Punctuality

- a. Ensure that enrolled participants arrive 5 minutes early for their swimming lessons, to be ready to get in the water at the class start time.
- b. Late arrivals can disrupt the class and compromise the safety of all participants.

4. Attire and Equipment

- a. Follow the recommended dress code for swimming lessons, including appropriate swimwear.
- b. Bring any required equipment or materials specified by the program.

5. Sun safety

The responsibility for ensuring that students are appropriately prepared for a summer activity lies with the parent/guardian. This preparation may involve.

- a. Dressing students in a long-sleeve rash vest and board shorts. Sun smart swim wear should cover the shoulders, chest, and back.
- b. Utilising wetsuits for cold-water environments.
- c. Dressing students in broad-brimmed hats or caps with flaps to protect the face, neck, and ears from the sun.
- d. Ensuring students apply a broad-spectrum sunscreen with a high SPF (sun protection factor) before entering the pool. It is also important to reapply sunscreen if spending time in the sun before or after the lesson.
- e. Ensure students stay hydrated during swimming lessons. Students should bring a water bottle and drink water regularly, even if they do not feel thirsty as the human body still sweats in the water.
- f. Attempt to seek shade where possible around the venue.
- g. It is important to note that VICSWIM does not bear the responsibility of providing these items to students. The onus is on the parent/guardian to ensure that their child is well-equipped for a safe and enjoyable summer activity.

6. Level selection

It is the expectation that any parent/guardian enrolling their child into VICSWIM accurately and honestly notes the child's skill level within the student's profile. Assessing a child's capability and enrolling them in the correct level is essential to ensure the safety and wellbeing of the child, other children in the class and the VICSWIM Teacher.

It is also expected that no child is enrolled in a skill level **no more than one (1) level** above their listed skill level.

7. Health and Hygiene

While swimming is fun, and a great way to stay fit and active, it is important to share the water with everyone. There are simple steps everyone can take to make sure germs that make others sick are not spread in **pool** water.

1. Do not swim if you have diarrhea. Do not return until no loose bowel motion for 24 hours.
2. Always Shower and wash with soap before swimming.
3. Always Wash your hands with soap after using the toilet or changing a nappy.
4. Avoid swallowing pool water.
5. Only change nappies in nappy change areas.

You should not swim while infectious. For example:

- Chickenpox – do not swim for 7days AFTER the rash appears.
- Cryptosporidiosis (crypto) – do not swim for 2 weeks after diarrhea stops.
- Athlete's foot (tinea) – do not swim until a day after treatment is started.
- Measles – Avoid Swimming for at least 4 days after rash appears.
- The flu (influenza) – Avoid swimming until well.
- Ringworm and head lice- Avoid swimming until the day after treatment has started.
- Hand foot & mouth disease- Avoid swimming until all blisters have dried.
- COVID 19 Infection

The above information has been sourced from the [Department of Health | Healthy Swimming Guidelines](#).

By adhering to this code of conduct, you contribute to a positive and supportive atmosphere for everyone involved in our swimming lessons. We appreciate your cooperation and commitment to creating a safe and enjoyable learning environment for all participants.