**Please … Practice Healthy Swimming Behaviours:**

Let’s work together to keep the pool water free from fouling, and the pool open for all swimmers by practicing Healthy Swimming Behaviours …

- Please do not go swimming if you are feeling unwell, especially if you have an upset stomach.
  *Do not bring your child to swimming lessons if they are feeling unwell, have diarrhea, are vomiting (or have vomited in the past day), or have a cough.*

- Shower with soap before swimming; wash your hands after using the toilet or changing diapers.

- Non-toilet trained infants/toddlers and participants who experience incontinence must wear leak-proof swim pants or garments of a similar nature.

- Take children for frequent bathroom breaks, ensure your child uses the bathroom prior to entering the pool and if it appears your child needs to use the bathroom during swimming, take him/her to the washroom immediately!

- Change diapers in the change rooms and not at the pool side. Dispose of diapers properly and clean up the diaper changing area.

- Avoid swallowing the pool water or getting water in your mouth.

- Please do not feed your child before swimming and do not go swimming for one hour after eating.

In the unfortunate event that our pool water is contaminated with fecal matter or vomit, facility staff are required to close the pool in order to properly disinfect the water and ensure water quality is within the appropriate range set by the Public Health Act before swimmers can enter the pool.

Thank you for your cooperation!

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**Indoor/Outdoor Pool Rules**

- Height and age requirement must be met
- Walk on the pool deck — **do not run**
- Inflatable toys, buoyant objects or skin diving equipment are not allowed in the pool unless specific authority is given by the lifeguard in charge
- Spitting, spouting of water, pushing and horseplay are prohibited
- When emergency buzzer sounds, clear the pool immediately
- Proper swim attire is required
- Infants must wear leak proof swim pants
- Do not use loud or abusive language in or around the pool
- Street shoes are not permitted on the pool deck
- Have fun, but respect others

**From the Public Health Act**

(a) No person infected with a communicable disease or having open sores on his or her body shall enter the water;
(b) No person shall bring a glass container onto the deck area of the pool or facility; and
(c) No person shall engage in play hazardous to other persons in and around the pool or facility.

**Lifeguards Have Complete Authority**

The onsite supervisor has the right to allow or prevent access to any part of the pool or the pool in its entirety should there be any safety concerns regarding the patron’s use of the facility.

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For more information or to register for programs, please call 311 or visit us online at Winnipeg.ca/leisureonline
Public Admission Entry Requirements

Minimum height requirements are site specific.

Children under the age of 7 will not be allowed entry into the pool unless accompanied by a Parent/Guardian/Caregiver at a ratio of 1 (Parent/Guardian/Caregiver) to 4 (Children).

Children under the age of 7

Who cannot swim:
• Must be accompanied in the water by a Parent/Guardian/Caregiver at a ratio of 1 (Parent/Guardian/Caregiver) to 4 (Children)
• Parent/Guardian/Caregiver must be within arm’s reach of the children
• Must wear a Lifejacket\PFD (Personal Flotation Device)
• Are restricted to the shallow end

Who do not meet the height requirement & cannot swim:
• Must be accompanied in the water by a Parent/Guardian/Caregiver at a ratio of 1 (Parent/Guardian/Caregiver) to 4 (Children)
• Parent/Guardian/Caregiver must be within arm’s reach of the children
• Upon demonstration of swimming ability may enter the pool without a Lifejacket\PFD (Personal Flotation Device)

Children 7 years & older

Who do not meet the height requirements & cannot swim:
• Must be accompanied in the water by a Parent/Guardian/Caregiver at a ratio of 1 (Parent/Guardian/Caregiver) to 4 (Children)
• Parent/Guardian/Caregiver must be within arm’s reach of the children
• Are restricted to the shallow end
• Must wear a Lifejacket\PFD (Personal Flotation Device)

Who do not meet the height requirement & can swim:
• Must be accompanied by a Parent/Guardian/Caregiver at a ratio of 1 (Parent/Guardian/Caregiver) to 4 (Children)
• Upon demonstration of swimming ability may enter the pool without a Lifejacket\PFD (Personal Flotation Device)

Who meet the height requirement & cannot swim:
• Are restricted to the shallow end
• A Lifejacket\PFD (Personal Flotation Device) is optional

Who do not meet the height requirement & can swim:
• Must be accompanied by a Parent/Guardian/Caregiver at a ratio of 1 (Parent/Guardian/Caregiver) to 4 (Children)
• Upon demonstration of swimming ability may enter the pool without a Lifejacket\PFD (Personal Flotation Device)

Prior to arrival:
Identify participants who do not meet the height requirement and cannot swim and be prepared to adhere to these rules:
• Participants must be accompanied in the water by Parent/Guardian/Caregiver at a ratio of 1 (Parent/Guardian/Caregiver) to 4 (Children)
• Parent/Guardian/Caregiver must be within arm’s reach of the children
• Participants must wear a Lifejacket\PFD (Personal Flotation Device)
• Participants are restricted to the shallow end

Identify participants who do not meet the height requirement and can swim and be prepared to adhere to these rules:
• Participants must be accompanied by a Parent/Guardian/Caregiver at a ratio of 1 (Parent/Guardian/Caregiver) to 4 (Children)
• Upon demonstration of swimming ability, participant may enter the pool without a Lifejacket\PFD (Personal Flotation Device)

Prior to arrival:
Identify students who do not meet the height requirement and cannot swim and be prepared to adhere to these rules:
• Students must be accompanied in the water by Teacher/Parent/Volunteer at a ratio of 1 (Teacher/Parent/Volunteer) to 4 (Students)
• Teacher/Parent/Volunteer must be within arm’s reach of the students
• Students must wear a Lifejacket\PFD (Personal Flotation Device)
• Students are restricted to the shallow end

Identify students who do not meet the height requirement and can swim and be prepared to adhere to these rules:
• Students must be accompanied by a Teacher/Parent/Volunteer at a ratio of 1 (Teacher/Parent/Volunteer) to 4 (Students)
• Upon demonstration of swimming ability, student may enter the pool without a Lifejacket\PFD (Personal Flotation Device)

A general rule of thumb is completion of Level 5 of the Red Cross Swim Kids Program

Upon arrival at the pool, contact the onsite supervisor.
• The onsite supervisor will review the pool rules with the participants and Parents/Guardians/Caregivers
• Identify to the onsite supervisor those participants who require lifejackets/PFD (Personal Flotation Device)
• Identify to the onsite supervisor those participants who wish access to the deep water. The onsite supervisor will then have the swimmers perform a short swim evaluation to confirm their ability.

Access is only available 9:00 am–4:00 pm, (Mon–Fri)