

We're All in This Together!

COLOURING & ACTIVITY BOOK



WE'RE ALL IN THIS TOGETHER

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.
- **Know your limitations.** Be aware of deep areas. PFDs (lifejackets) are recommended for all weak or non-swimmers. PFDs are available at all pools free of charge.
- **No running** on pool deck or in showers.
- **Do not dive into shallow end** of the pool. Go in feet first.
- **No fooling around, wrestling or rough play** on diving board, slide, swinging rope or pool edge.
- **Report faulty equipment** to staff.
- **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.*
- **Clean swimming apparel is required** in the pool.
- **Take a cleansing shower** before every swim to avoid carrying dirt, bodily secretions, bacteria or residue from hygiene products into the pool.
- **Use washroom facilities** before swimming, especially children.
- **Children who are not toilet trained must wear waterproof diapers** (available from the cashier).
- **Ensure children and/or adult diapers are properly secured** and changed regularly to prevent oversaturation and leakage.
- Persons under the influence of intoxicants will not be allowed into the facility. Consumption of alcohol and/or drugs on the premises is not permitted.

AQUATIC CENTRE RULES AND GUIDELINES

POOL CHANGE ROOMS

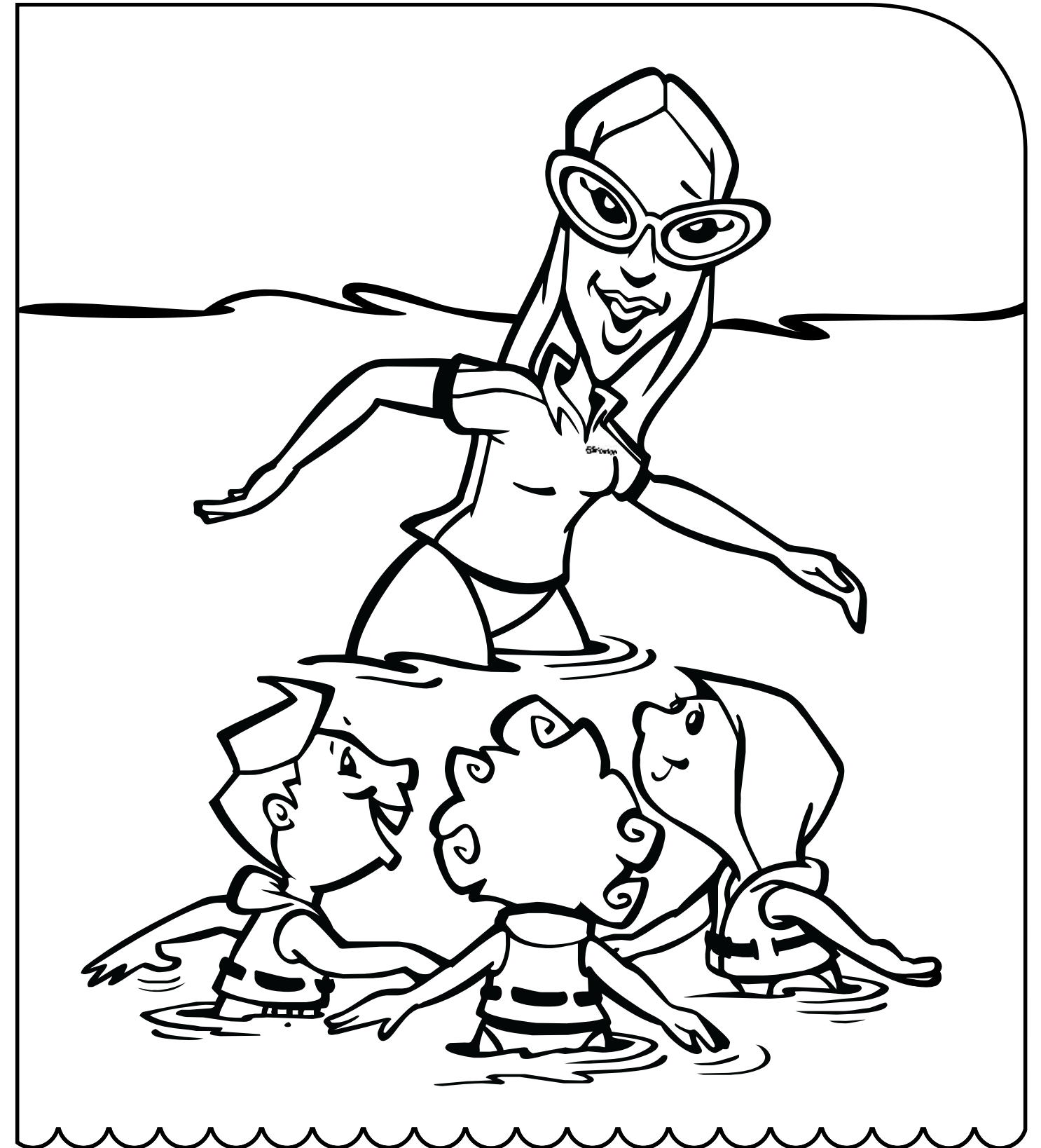
- **Remove shoes** before entering change rooms or pool area.
- **Finish eating and drinking** before entering change room. Use garbage bins provided.
- Children 6 years of age and older must use the **change room designated** for their gender, or use the family change room.
- **No open or glass containers** 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.



**Learn to swim and be safe around water.
Take swimming lessons!**

WORD SEARCH



FLUTTER BOARD
FISH
BEACH
PLAY
LISTEN
SHOWER
WALK

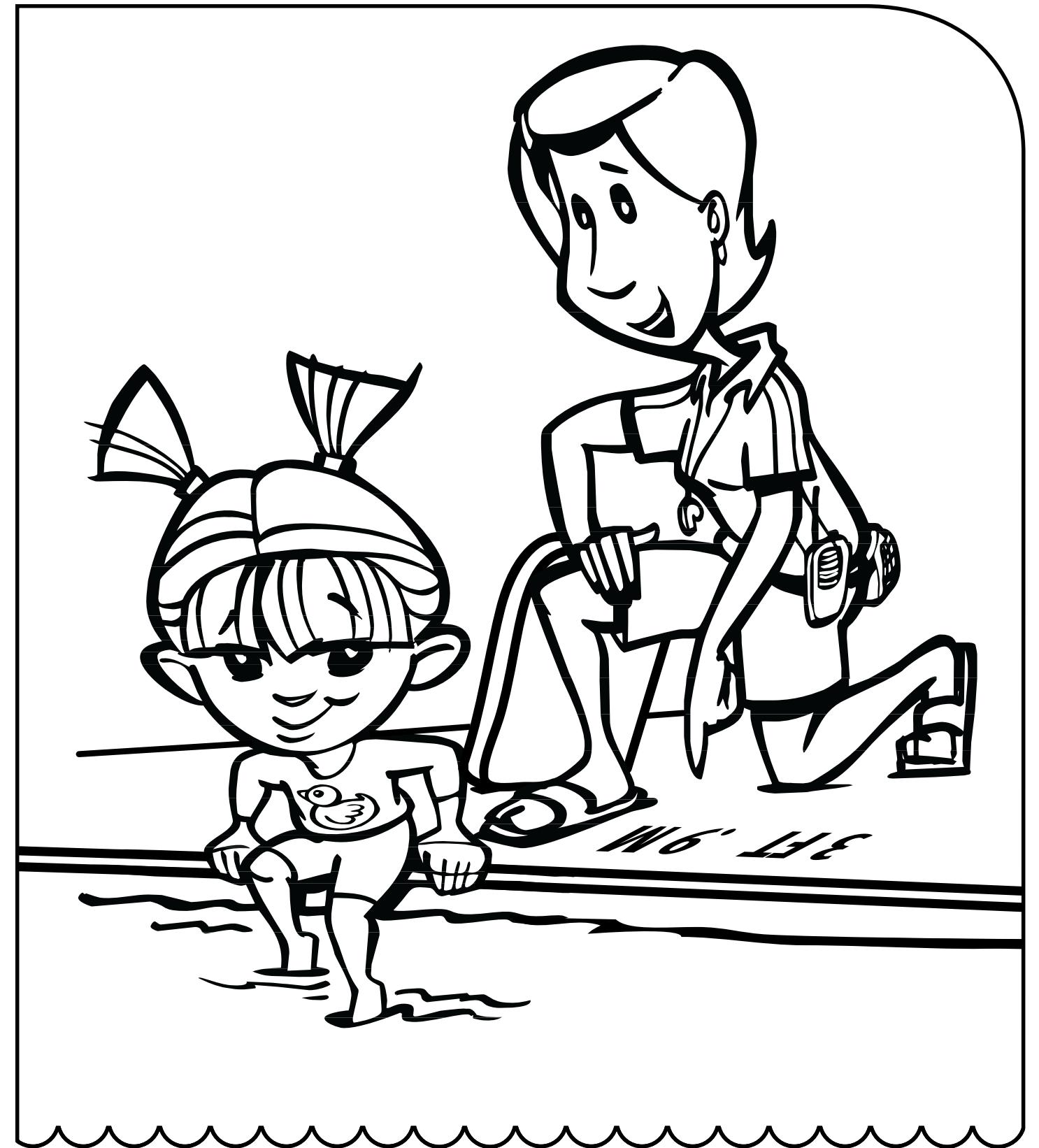
SWIMMING
LAKE
LAPS
RULES
KICK
FLOAT
LIFEGUARD

WATER WISE
POOL
BUBBLES
SPLASH
ROLL
LIFE JACKET

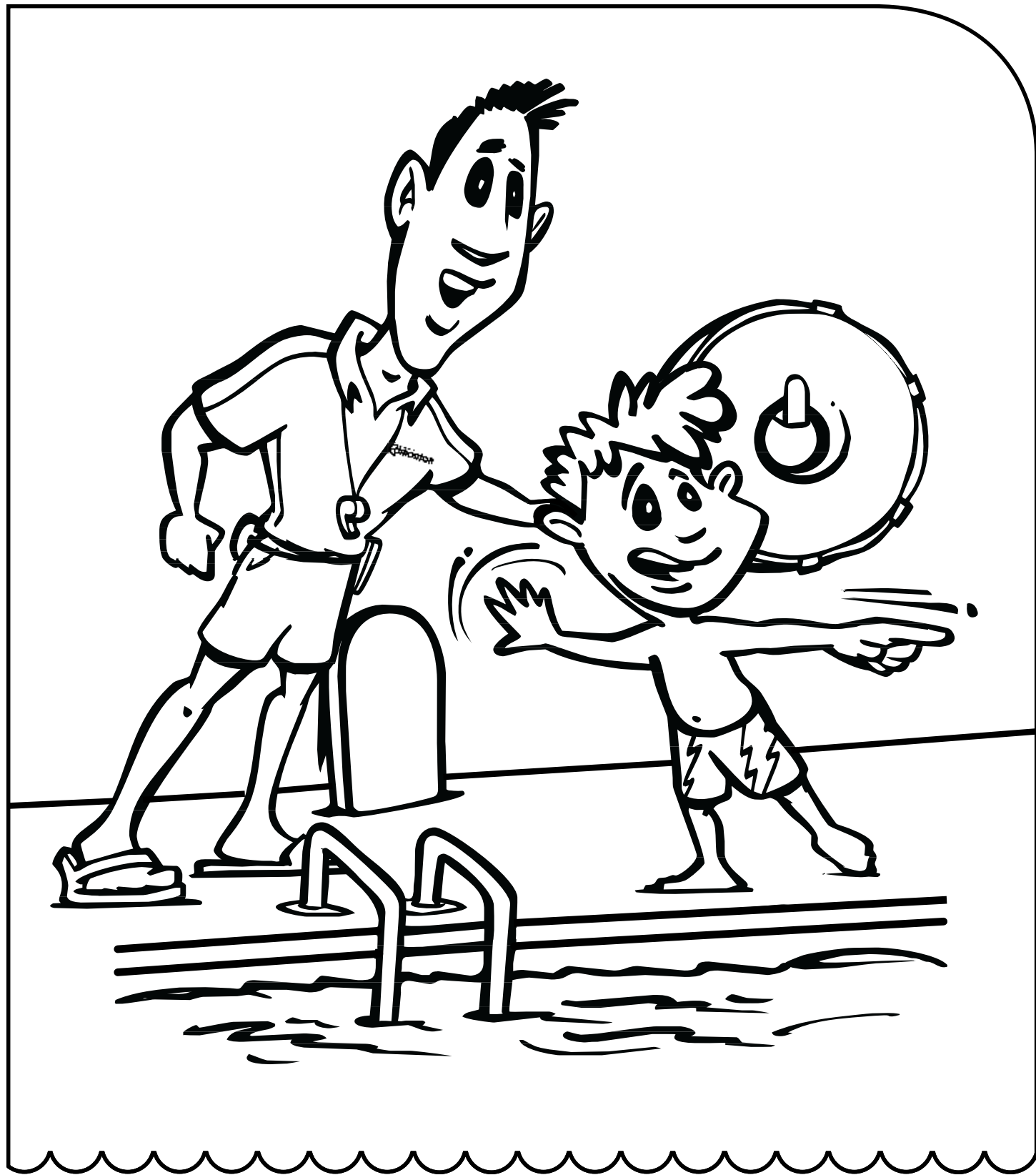
H	L	A	K	E	B	O	B	C	R						
Z	T	A	M	B	U	B	B	L	E	S	V	E			
S	E	E	K	Z	B	A	E	S	I	W	R	E	T	A	W
W	K	A	F	R	R	S	I	N	H	O	A	C	Z	R	O
I	C	Q	U	A	D	R	A	U	G	E	F	I	L	E	H
M	A	E	D	E	N	X	M	A	B	J	I	M	O	N	S
M	J	C	K	F	B	A	F	U	N	I	S	N	H	A	N
I	E	J	V	A	U	K	I	C	K	D	H	B	B	L	A
N	F	Z	I	S	P	L	A	S	H	A	Z	W	A	L	K
G	I	N	M	K	V	U	A	P	U	T	T				
F	L	U	T	T	E	R	B	O	A	R	D				
O	A	F	R	O	S	Y	W	O	G	A	C				
G	K	D	U	P	S	K	E	L	H	E					
L	R	A	J	L	I	S	T	E	N	S					
I	O	B	E	A	C	H	Z	D	J	E					
D	L	A	T	Y	X	I	M	K	A	L					
E	L	J	F	L	O	A	T	Q	F	U					
Y	I	D	K	L	A	P	S	A	V	R					



Answers located on page 19



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



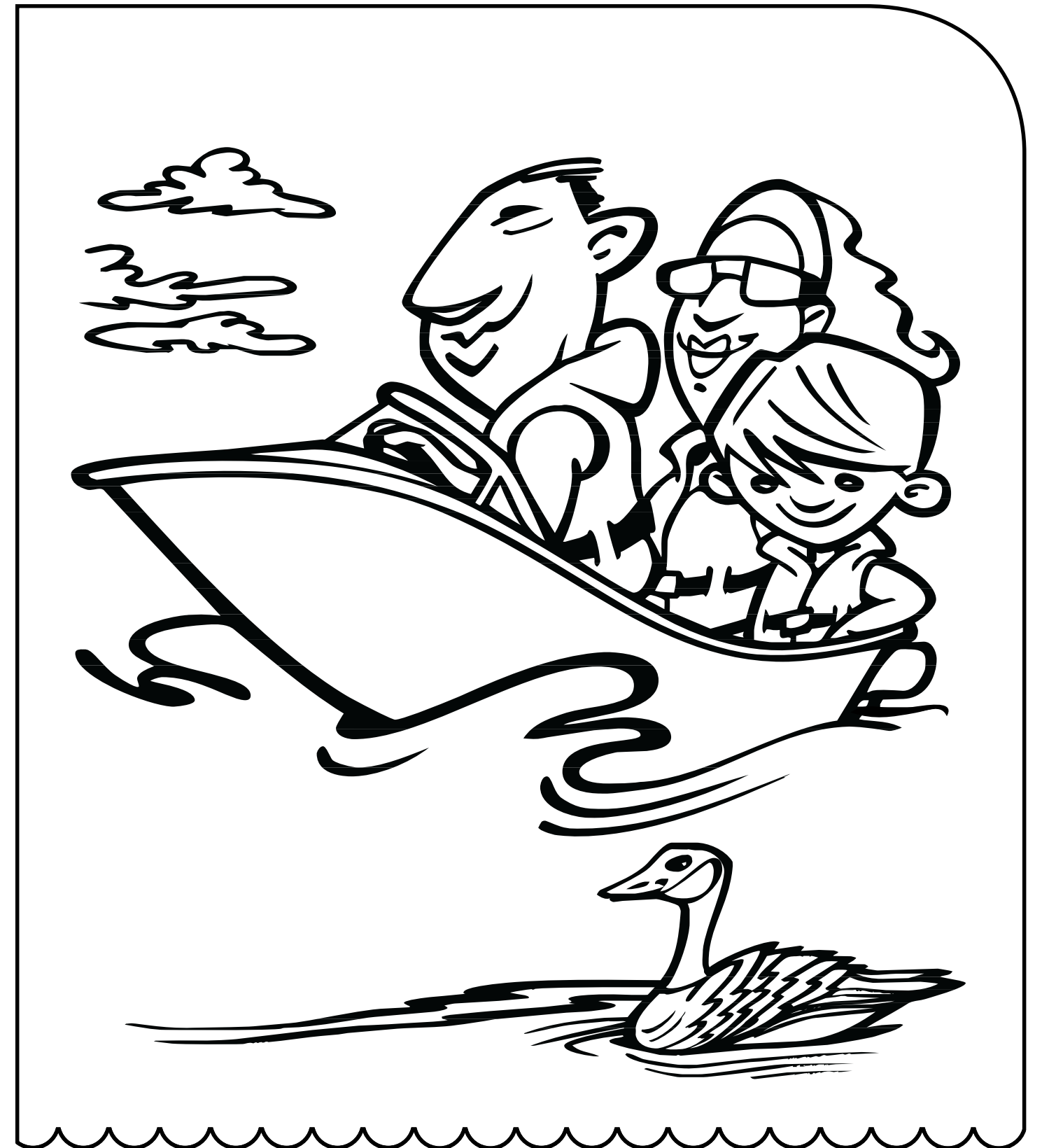
Alert a lifeguard if you see someone in trouble.



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.

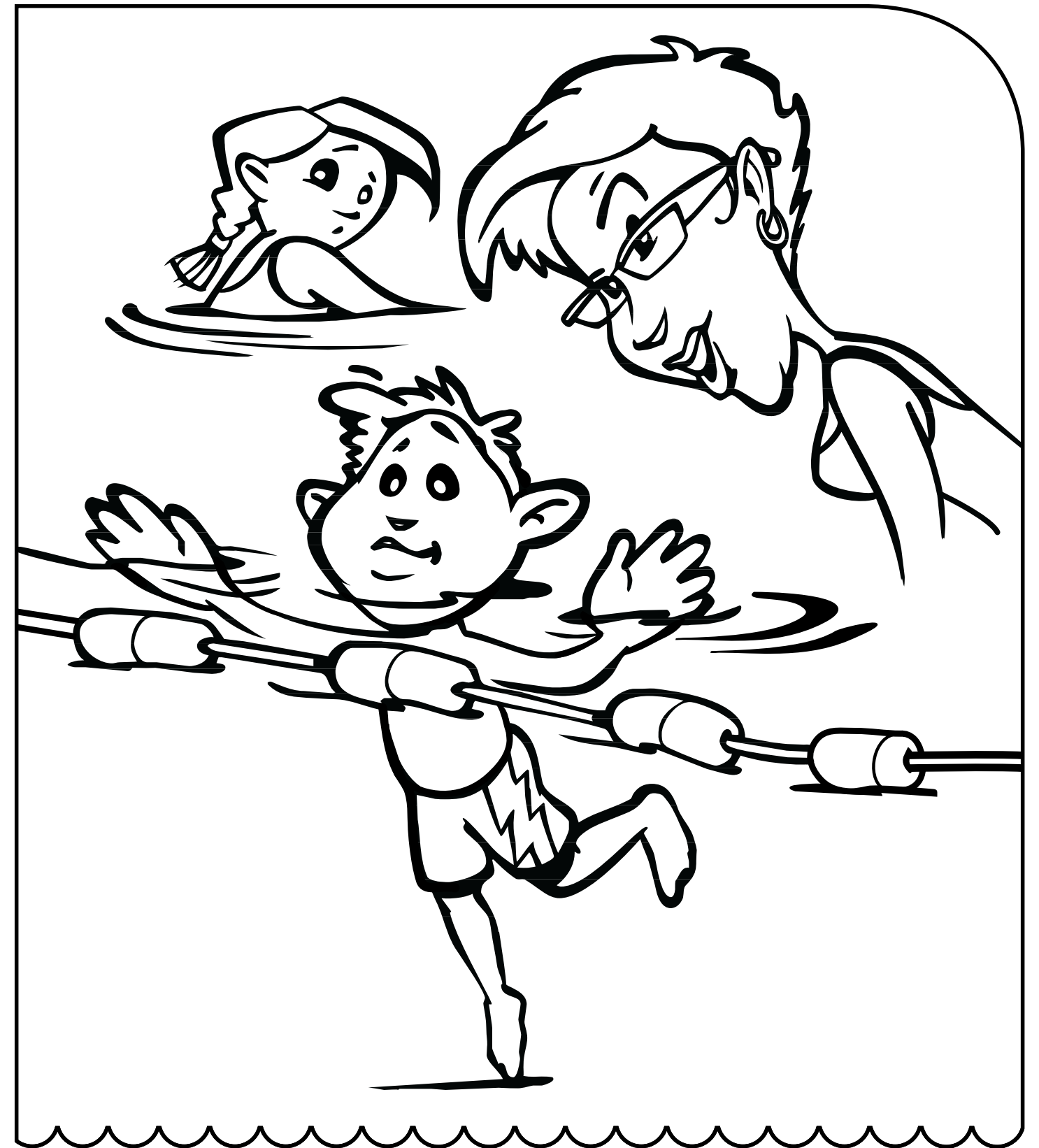
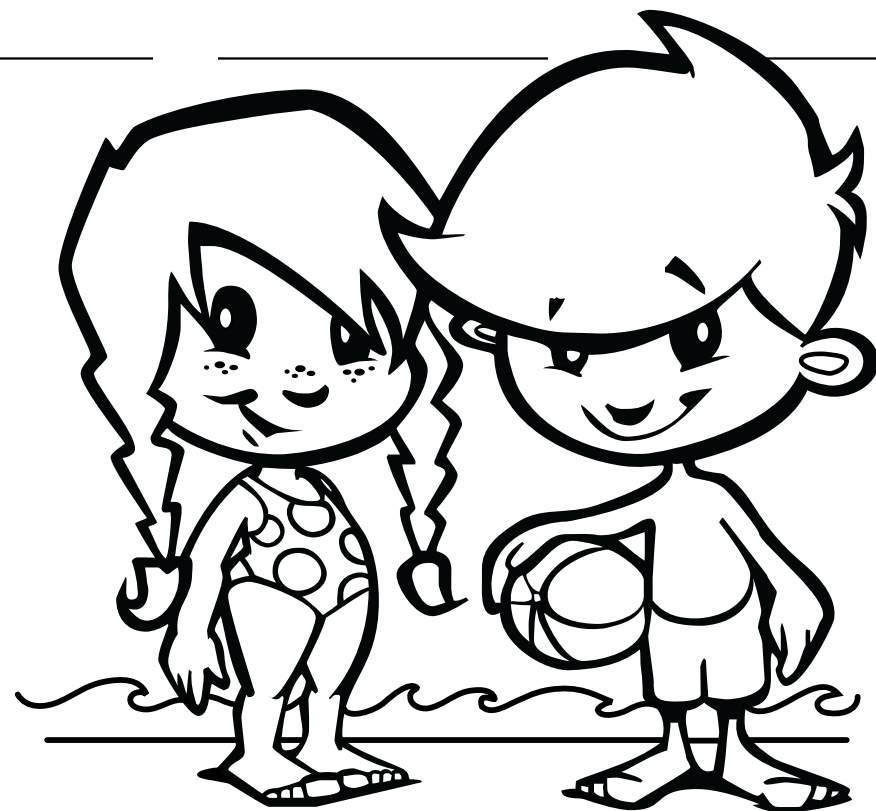


Stay within arm's reach of your parents or caregiver at all times.

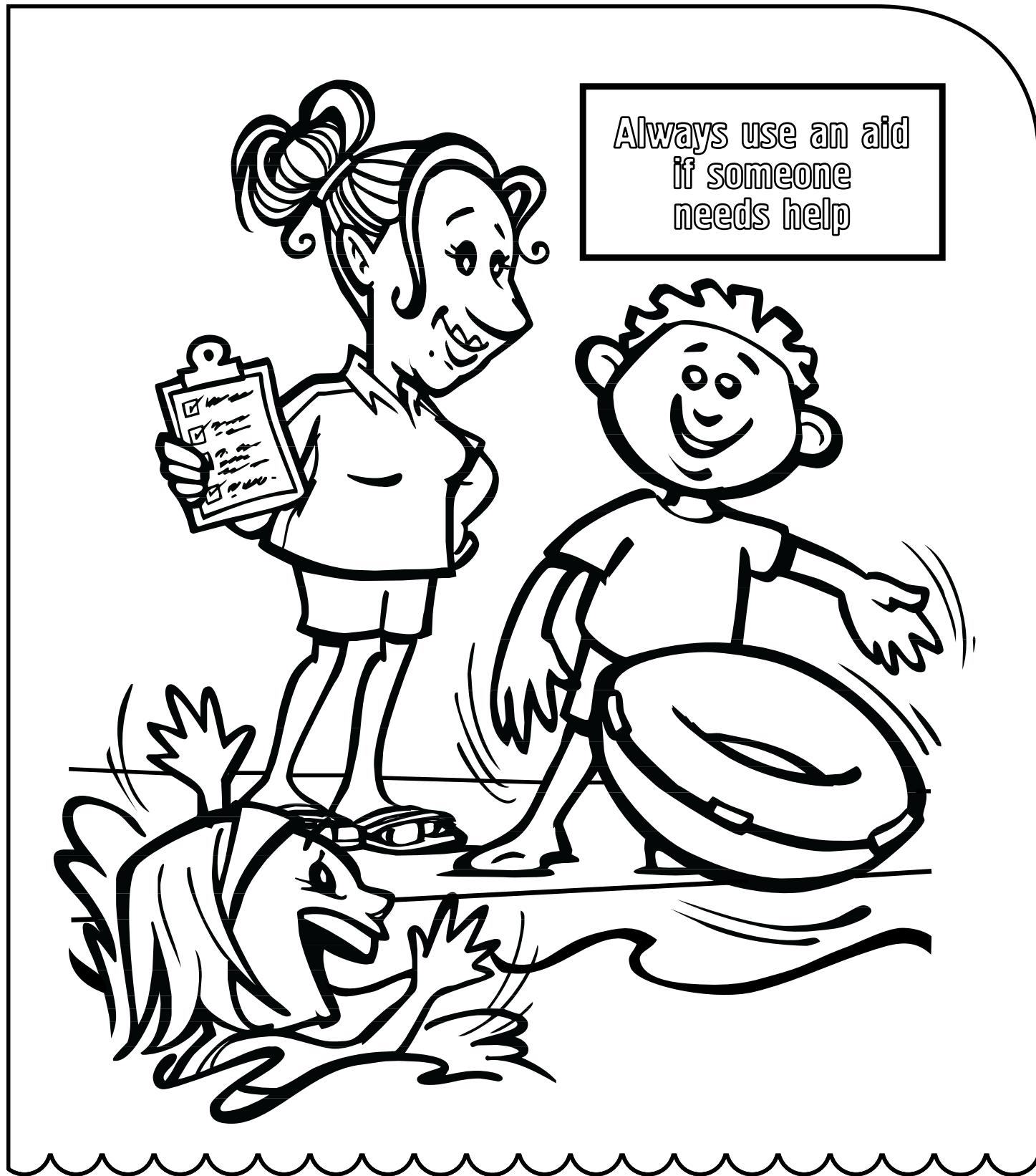
How many words can you make using letters from the following words?

WATER	SAFETY	LIFEGUARD
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_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Know your limitations.



Always use an aid if someone needs help

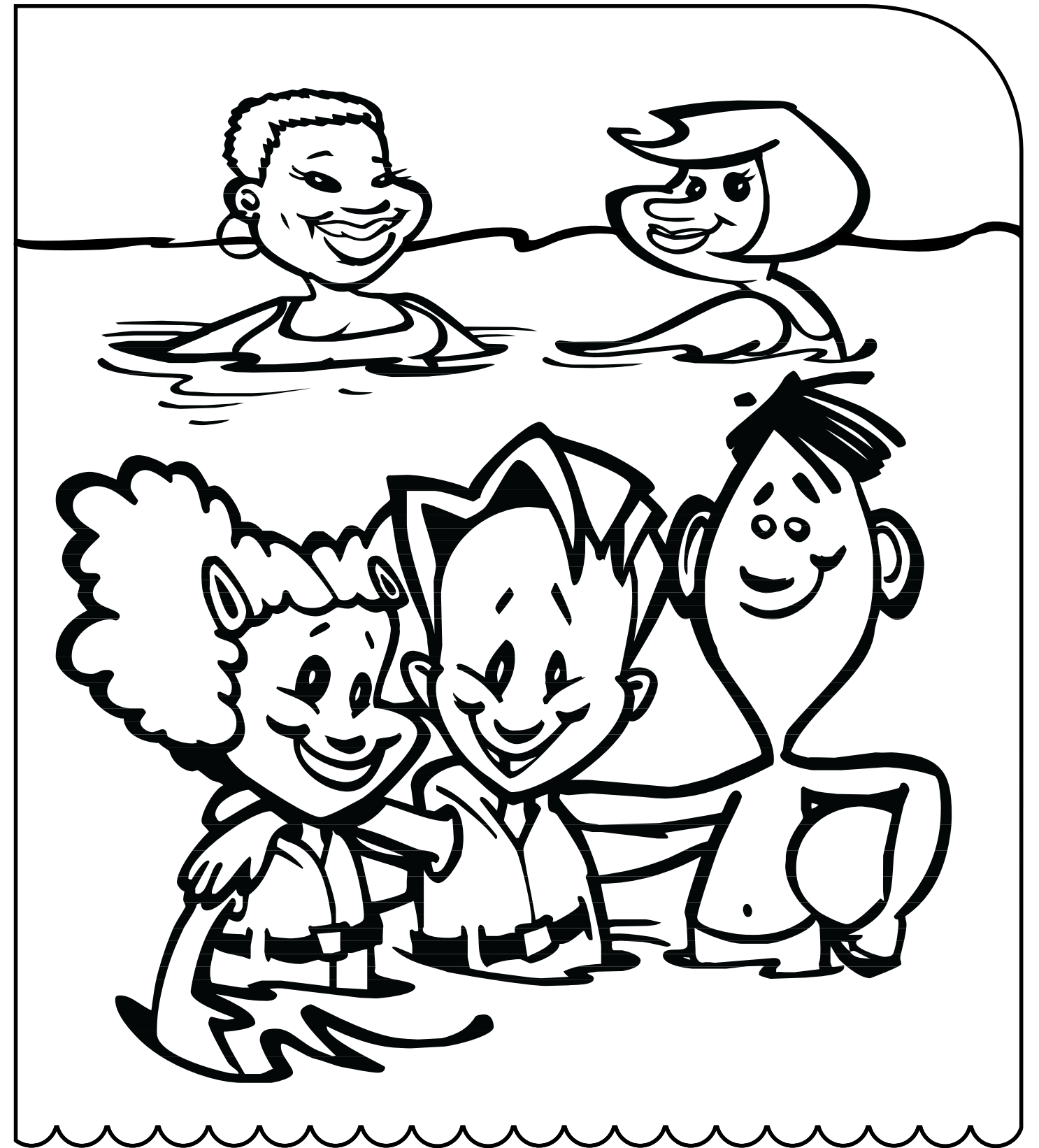
Learn how to save yourself and how to be safe when you help others.



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



Obey all pool rules.



Always swim with a buddy.



Tell a lifeguard if you have any medical problems before you get in the water.

WORD SEARCH



FLUTTER BOARD
FISH
BEACH
PLAY
LISTEN
SHOWER
WALK

SWIMMING
LAKE
LAPS
RULES
KICK
FLOAT
LIFEGUARD

WATER WISE
POOL
BUBBLES
SPLASH
ROLL
LIFE JACKET

Z	T	A	M	L	A	K	E	B	O	B	C	R
S	E	E	K	Z	B	A	E	S	I	W	R	E
W	K	A	F	R	R	S	I	N	H	O	A	C
I	C	Q	U	A	D	R	A	U	G	E	F	I
M	A	E	D	E	N	X	M	A	B	J	I	M
M	J	C	K	F	B	A	F	U	N	I	S	N
I	E	J	V	A	U	K	I	C	K	D	H	B
N	F	Z	I	S	P	L	A	S	H	A	Z	W
G	I	N	M	K	V	U	A	P	U	T	T	A
F	L	U	T	T	E	R	B	O	A	R	D	O
O	A	F	R	O	S	Y	W	O	G	A	C	G
G	K	D	U	P	S	K	E	L	H	E	S	L
L	R	A	J	L	I	S	T	E	N	S	E	L
I	O	B	E	A	C	H	Z	D	J	E	L	E
D	L	A	T	Y	X	I	M	K	A	L	U	R
E	L	J	F	L	O	A	T	Q	F	U	R	E
Y	I	D	K	L	A	P	S	A	V	R	E	R



