

This booklet has been prepared to inform you about general safe use, operation and maintenance of the swimming pool. Swimming pools are intended to provide many hours of enjoyment. Just as with any product, you and only you can determine if the swimming pool is used sensibly.

### **IMPORTANT**

**"By carefully reading this booklet, you may save the life of a child or prevent serious harm to yourself, family members or friends. It is your responsibility to learn and understand safety principles and rules. To ensure safety, every adult and teenage guest must read this booklet."**

#### **The Sensible Way to Enjoy the Swimming pool**

The swimming pool can give you, your family and guests many hours of fun and relaxation.

This booklet contains important safety information you should know about operating the swimming pool. It will help you understand some of the causes of swimming pool-related accidents and how to prevent them. It is your responsibility to be sure that you, your family and guests use the swimming pool sensibly.

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#### **Notice to Parents**

Good Reasons for Thinking Safety First

##### **First-time users run the highest risk of injury**

Before they enter the swimming pool, inform them of the safety rules.

Informed users are concerned about safety because serious injuries and even death can result from unsafe use of swimming pools, swimming pool equipment and associated products. Here are some examples:

■ **Drowning** - According to the National Safety Council of America, drowning is a leading cause of accidental death in the USA, especially for children under five. Although the greatest percentage of drowning occurs in natural aquatic settings, (e.g., oceans, lakes, quarry, etc.) drowning does occur in swimming pools. The water depth of any swimming pool is sufficient for drowning to occur. Protecting young children from accidents, drowning, near drowning in all aquatic environments, whether natural or constructed, is a responsibility of you as parents.

■ **Paralysis** - Improper diving or sliding, alcohol consumption, horseplay, or roughhousing in and around the swimming pool may lead to serious neck and spinal injuries including paralysis, in the form of quadriplegia or paraplegia. A number of these injuries occur yearly, with the overwhelming majority occurring in shallow water. A number of people who ignored these rules and chose to dive into shallow water are now paralysed. The facts show that many of these were experienced divers. Don't let this happen to you. Inform family and guests who come to enjoy the swimming pool of the safety rules that have been established.

■ **Electrical Shock/Electrocution** - Water is an excellent conductor of electricity. Electrical shock or electrocution can occur in a swimming pool if live electrical current flowing through appliances and devices (including current from a telephone) comes into contact with the water. Make sure all electrical appliances are kept well away from the swimming pool.

■ **Cuts, Contusions and Abrasions** - The swimming pool environment, as well as associated products and equipment, can be a source of injury to users. Slipping and falling can result in cuts or scrapes or broken legs and arms. Horseplay, improper use of equipment or failure to follow instructions or warnings can result in serious trauma and permanently disabling injuries. You can help ensure that your family and guests are not victims of any of these unfortunate accidents.

**"Swimming pools are fun, but along with the fun come serious responsibilities. Be sure that good times are safe times. Please ensure these rules are enforced."**

## Drowning Prevention Tips

Drowning prevention information is not "for someone else." It is for you. Because only by increased awareness and effort, can we reduce some very alarming statistics. Drowning is one of the largest causes of accidental death for children under the age of five. This is an avoidable accident, which can be prevented by constant adult supervision.

While supervision is the key to accomplishing the objective of reducing the number of submersion incidents, it is well known that, at times, children may do the unexpected, catching their supervisors off guard. Because being caught off guard does occur and there may be a lapse in supervision, the French Government have enacted a law which establishes layers of protection to complement the requirement for constant adult supervision of young children around aquatic environments. Remember, these layers of protection will only delay and may not prevent a toddler from entering the swimming pool area. Supervision is the only way to prevent an accident.

Children are naturally attracted to swimming pools and associated swimming pool toys. To prevent drowning and other serious injuries, you must keep children away from swimming pools in the absence of adult supervision. Listed below are some safety tips that can help save young lives.

■ **Never leave a child unsupervised and out of eye contact in or near the swimming pool - not even for a second. There is no substitute for constant adult supervision.**

■ If you must leave the swimming pool area, even for one minute, take your child with you. One lapse in supervision can spell tragedy. Do not allow anyone of any age to swim alone. Examples of good safety behaviour by adults are important to children.

■ **Teach your children to swim.** Do not be lulled into a false sense of security because your child knows how to swim - adult supervision is still required. Never consider children water-safe despite their swimming skills, previous instruction or experience. Many professionals warn that these lessons may provide a false sense of security to a child's family and not actually prepare a child for surviving a true emergency.

■ Floating toys attract youngsters. Remove toys from the swimming pool when not in use. Your child can easily fall into the swimming pool while trying to retrieve one.

■ Keep toys, particularly baby walkers, tricycles or wheel toys away from the swimming pool. A child playing with these could accidentally fall into the water.

■ Do not rely on inner tubes, inflatable arm bands or other toys to prevent accidents.

■ Limit access to the swimming pool by closing and locking the doors, windows and gates whenever swimming cannot be supervised.

■ Always completely remove the cover before using your swimming pool.

■ Maintain a clear zone around the perimeter of the swimming pool. Do not place objects (e.g., chairs, tables, or equipment) near the swimming pool fence because a child or youngster could climb them to gain access to the swimming pool.

■ Don't allow playful screaming for help, they may mask a real emergency.

■ Never leave children with supervisors unless they are capable and responsible in the swimming pool environment.

■ Supervision shall be continuous when the swimming pool is in use. (When one supervisor is called away, i.e., to answer the phone, another supervisor must be appointed immediately.)

■ When the swimming pool is not in use, the party leader is responsible for safeguarding the swimming pool.

### In Case of Emergency:

1. Dial the local emergency telephone numbers – **Ambulance 15; Police 17; Fire Brigade 18**
2. Give your:
  - A. Name;
  - B. Location; **La Grange Sud, La Grange, Razac-de-Saussignac 24240**
  - C. The telephone number you are calling from is; **05 24 10 60 01**
3. Tell them what happened and how many people need help.
4. Don't hang up the phone until after the emergency person does. Adults in the family should be familiar with cardiopulmonary resuscitation (CPR). CPR is the combination of rescue breathing and artificial circulation for victims of respiratory or cardiac arrest as a result of drowning, heart attack or other causes.

Preventing an emergency is the best preparation: **Never leave a child alone in or near a swimming pool or any other body of water**

## Guidelines for Using the Swimming Pool

As the party leader, you may be legally liable for the safety of all persons who use your swimming pool. You have the ultimate responsibility.

But facing the responsibilities does not mean taking the fun out of using the swimming pool. If you apply safety practices and use good judgment, you will find that the benefits of a swimming pool far outweigh the risks. Here are some guidelines for using the swimming pool.

### Supervision

Supervision is a key element in getting maximum, safe enjoyment from the swimming pool. **One individual must assume primary responsibility for supervising the swimming pool.** The swimming pool supervisor/party leader must study the contents of this booklet and be thoroughly familiar with all facets of the safe operation and maintenance of the swimming

pool. He or she will take responsibility for communicating swimming pool safety information to all persons who enter the swimming pool area. It is a good idea to designate a backup for times when the primary supervisor is unavailable.

**The supervisor is responsible for enforcing "swimming pool rules."** Draw up these rules from information in this booklet. These rules should be clearly communicated to and understood by all persons, young and old, who use your swimming pool. **Most importantly, consistently enforce these rules.** Never leave the swimming pool unsupervised. When supervision is not available, even for a moment, close the swimming pool, by closing and locking all of the gates, windows and doors. **It makes sense to pay special attention to educating young children and non-swimmers about important safety precautions.** Make sure that your children learn how to swim and that they know how to properly jump into the swimming pool.

It also makes sense for the supervisor and other responsible family members to be aware of artificial respiration and/or cardiopulmonary resuscitation (CPR). **There is no substitute for adult supervision!**

**"Supervision, Supervision, Supervision ... is the key to prevent drowning."**

### **Swimming Ability**

To properly supervise the swimming pool, you must be able to identify "real swimmers" from "non-swimmers." Use your best judgement - many people overestimate their abilities. Keep a watchful eye for "swimmers" who appear to flounder in the swimming pool.

**If you are uncomfortable with people's swimming abilities, make sure they stay in shallow water and watch them closely.** If you wish to teach non-swimmers or poor swimmers, the shallow end of the swimming pool is an excellent place for instruction. Make sure they keep to the shallow end.

Never swim alone or allow others to do so. Never swim when overtired, feeling chilled or after taking drugs or alcohol. It is best not to swim immediately after eating a heavy meal.

Describe or demonstrate to everyone the under-water shape and depth of the swimming pool. You should be aware that visual inspection of the swimming pool may be misleading due to a variety of factors.

**The swimming pool is 1 metre deep at the end nearest the house and at the other end it is 2 metres deep. The shallow end is 1 metre deep for approximately 3 metres and then slopes uniformly down to the deep end.**

### **Headfirst Entry - Diving and Sliding**

#### **IS NOT PERMITTED UNDER ANY CIRCUMSTANCE**

Do not allow any diving or headfirst entry into the swimming pool at any time. Both activities involve headfirst entry into the water at high speed - a situation that can lead to very serious, life-threatening accident.

Your first entry into a swimming pool should be feet first so you can determine water depth and swimming pool configuration.

**The chief danger for divers or headfirst sliders is serious spinal injury.** They may hit their heads against the bottom or side of the swimming pool or against some object or person. Injuries to the spinal cord may result, causing temporary or permanent paralysis or death.

**Serious spinal injuries can occur even at very slow speeds if the head strikes firmly against the swimming pool bottom or side.** The spine cannot absorb as great an impact as the skull can, especially if the head has been fixed against an immovable object. If you are diving or sliding headfirst and hit your head on a hard surface, your chin goes down (rotates) to your chest. Your head stops, but the rest of your body keeps on coming. You could break your neck, back and/or sever your spinal cord.

### **Jumping**

Jumping incorrectly into shallow water can be dangerous, and injuries, such as a broken leg, can occur if you hit bottom with sufficient force. **Before jumping, know the depth of the water and look out for any submerged obstacles, surface objects or other swimmers.** Always jump directly forward from the edge of the swimming pool.

### **Exercise**

The swimming pool provides a place for convenient, effective exercise. It can be used for both serious lap swimming and for performing calisthenics and other exercises.

**Lap swimming is perhaps the best form of aerobic conditioning - you can efficiently exercise your heart without placing stress on your weight-bearing joints and the lumbar spine.**

Exercises for flexibility, aerobics and strength are easier in water than on land, because being in water effectively lessens the pull of gravity on your body. It is easier (particularly for older people or those with painful joints or weak leg muscles) to do calisthenics in water.

### **Entertaining**

The swimming pool can be the focal point for great entertaining. **Plan ahead to prevent accidents and injuries, and make your entertaining truly enjoyable.**

- Think about the number of people swimming and their swimming skills. Plan ahead. Children require more of your attention.
- Food and drink play an important part in your entertaining. Establish an area away from the swimming pool for refreshments to prevent accidental slips or falls caused by spills near the swimming pool and to prevent debris from falling into the swimming pool.
- More likely than not people will be bare-footed while near the swimming pool. Use only the plastic dishes, beverage containers and utensils. Never use glass anywhere near the swimming pool. Broken glass is invisible in water and extremely difficult to get out of the support system.
- Keep electrical appliances a significant distance from the swimming pool. Don't use extension cords. Where possible, use battery operated-appliances around the swimming pool. Electrocutation from appliances and telephones in contact with water is a real danger.
- Insist that poor swimmers or non-swimmers among your guests stay in water that is not over their heads. Do not assume that everyone near or in the water can swim well or will know what to do in the event of an emergency.

■ Wherever practical, anyone who uses your swimming pool should shower with soap and water before use. Showering before use washes away many of the common skin bacteria and removes lotions, deodorants, creams, etc. Perspiration and lotions will reduce the effectiveness of the swimming pool disinfectant and lessen the ability of the filter to work efficiently.

■ People with skin, ear, genital or other body infections, open sores or wounds should not use the swimming pool because of the possibility of spreading infection.

■ **Use of alcohol or drugs does not mix with swimming pool activities.** These substances act as depressants. They can "slow you down" because they affect the part of the brain that exercises restraint and control. Alcohol can instill false courage or "bravado," leading people to try things they normally would not, such as horseplay or swimming and diving competitions. Therefore, persons who have been drinking alcohol should not be allowed in the swimming pool and should be carefully supervised in the area surrounding the swimming pool.

■ Prescription medicines sometimes cause drowsiness or have other side effects. If you are taking prescription medicine, check with your doctor before using the swimming pool.

**"Entertaining can be both fun and safe with a little planning and good judgment. Use only plastic dishes, beverage containers and utensils. And never allow anyone to use the swimming pool under the influence of alcohol or drugs."**

■ Using inflatable toys, rafts and floats in your swimming pool can be fun. But remember that they are also deflatable. Poor swimmers or non-swimmers should use them only in shallow water.

■ **Games that may appear safe sometimes are not. Encourage and supervise the use of good swimming pool games and toys. Prohibit horseplay, especially throwing or pushing someone into the swimming pool.**

■ Prohibit activities such as diving through an inner tube. Serious head or neck injuries could occur regardless of water depth, due to hitting the head on the inner tube and/or the bottom or side of the swimming pool.

■ Help guests who have removed eyeglasses or contact lenses for swimming to be aware that their depth perception and ability to judge distance is changed. Children especially may be unaware of the difference.

■ Do not allow running on the swimming pool side, as injuries may occur from slips and falls. Stay out of the swimming pool during lightning or rainstorms because there is a possibility of electrocution from the lightning hitting the water.

■ **You have the bottom line responsibility in swimming poolside entertaining. Use good judgment to help protect yourself, your family and guests.** If in doubt, prohibit use of the swimming pool by persons whose condition or ability you doubt. Remember that you are in charge of the swimming pool.

#### **One More Word on Drinking**

Many people believe they have to drink a lot to be affected by alcohol. Studies show this just isn't true. **The alcohol in just one or two beers can affect your judgment, even though you don't feel or appear to be "drunk."** Even a small amount of alcohol can slow your reflexes. This is especially true if you are tired or on medication - such as cold or allergy remedies or prescription drugs. Research shows alcohol is involved in 50 to 80% of all serious swimming pool accidents.

Plan your events so the swimming comes before the drinking. Studies have shown that alcohol is directly related to a majority of the diving accidents. The effects of alcohol are a major contributor to all other swimming pool accidents.

**Supervise your swimming pool activities.**

**"Alcohol or drugs do not mix with swimming pool activities."**

#### Overall Safe Operation and Maintenance of the Swimming Pool

##### **Equipment In and Around the Swimming Pool**

■ The retractable swimming pool covers is a real benefit to you in terms of saving energy and keeping debris out of the swimming pool. **It is a safety covers and will prevent drowning or entry into the swimming pool.**

■ Overall, slips and falls constitute the greatest number of accidents involving swimming pools. Keep the patio clean and clear of all debris.

■ **Insist that there be no running, pushing or roughhousing near the swimming pool. Never throw anyone into the swimming pool.**

##### **Layers of Protection**

Swimming pools are attractive to children, and children must be kept away from them in the absence of adult supervision. Layers of protection have been installed. All gates and doors with access to the swimming pool shall be lockable, and both gates are self-closing and have self-latching mechanisms that protects against unauthorized entry and use. All fences can be climbed by children given sufficient time. Do not assume that the swimming pool is safe from entry because there is a fence. **Accordingly please use the retractable cover when the pool is unsupervised or the property is unoccupied. Only adult supervision can prevent drowning accidents.**

All layers of protection must be kept in good working order at all times. Please inform Lee or Lisa immediately if any part of the safety system is inoperable.

##### **Fittings, Grates and Drains**

■ Tell children, particularly, that these devices are not toys. **Instruct all swimmers not to stick their fingers, toes or body into them. Entrapment and drowning can occur.**

■ Everyone with long hair should be cautioned not to get their hair near a swimming pool outlet. The suction can cause hair or body entrapment and drowning. For example, a drain without a grate can have a pull of approximately 700 lbs. - enough to hold an adult under water.

##### **Maintenance of Swimming Pool Water**

- **Keep the swimming pool clean and clear of debris.** For safety's sake, any user of the swimming pool must be able to clearly see the bottom drain or bottom of the swimming pool, so as to be able to make intelligent decisions about jumping.
- **Keep the swimming pool filled to its proper level.** Periodically check the water levels (Lee will show you the level – it is approximately two thirds up the face of the skimmers).

#### **First Aid**

■ A first aid kit in the Welsh Dresser in the Kitchen. A list of emergency telephone numbers is by the phone in the lounge.

- **At least one responsible person should be aware of artificial respiration and or cardiopulmonary resuscitation (CPR).**

#### **Chemicals**

The chemicals needed for your swimming pool help make it clean, disinfected and more attractive to use. If you discover any chemicals please inform us and keep them out of the reach of children in the meantime.

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**In Case of Emergency:**

5. Dial the local emergency telephone numbers – **Ambulance 15; Police 17; Fire Brigade 18**

6. Give your:

A. Name;

B. Location; **Acabanes, Thenac 24240**

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7. Tell them what happened and how many people need help.

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  - **Use of alcohol or drugs does not mix with swimming pool activities.** These substances act as depressants. They can "slow you down" because they affect the part of the brain that exercises restraint and control. Alcohol can instill false courage or "bravado," leading people to try things they normally would not, such as horseplay or swimming and diving competitions. Therefore, persons who have been drinking alcohol should not be allowed in the swimming pool and should be carefully supervised in the area surrounding the swimming pool.
  - Prescription medicines sometimes cause drowsiness or have other side effects. If you are taking prescription medicine, check with your doctor before using the swimming pool.
- "Entertaining can be both fun and safe with a little planning and good judgment. Use only plastic dishes, beverage containers and utensils. And never allow anyone to use the swimming pool under the influence of alcohol or drugs."**
- Using inflatable toys, rafts and floats in your swimming pool can be fun. But remember that they are also deflatable. Poor swimmers or non-swimmers should use them only in shallow water.
  - **Games that may appear safe sometimes are not. Encourage and supervise the use of good swimming pool games and toys. Prohibit horseplay, especially throwing or pushing someone into the swimming pool.**
  - Prohibit activities such as diving through an inner tube. Serious head or neck injuries could occur regardless of water depth, due to hitting the head on the inner tube and/or the bottom or side of the swimming pool.
  - Help guests who have removed eyeglasses or contact lenses for swimming to be aware that their depth perception and ability to judge distance is changed. Children especially may be unaware of the difference.
  - Do not allow running on the swimming pool side, as injuries may occur from slips and falls. Stay out of the swimming pool during lightning or rainstorms because there is a possibility of electrocution from the lightning hitting the water.
  - **You have the bottom line responsibility in swimming poolside entertaining. Use good judgment to help protect yourself, your family and guests.** If in doubt, prohibit use of the swimming pool by persons whose condition or ability you doubt. Remember that you are in charge of the swimming pool.

#### **One More Word on Drinking**

Many people believe they have to drink a lot to be affected by alcohol. Studies show this just isn't true. **The alcohol in just one or two beers can affect your judgment, even though you don't feel or appear to be "drunk."** Even a small amount of alcohol can slow your reflexes. This is especially true if you are tired or on medication - such as cold or allergy remedies or prescription drugs. Research shows alcohol is involved in 50 to 80% of all serious swimming pool accidents.

Plan your events so the swimming comes before the drinking. Studies have shown that alcohol is directly related to a majority of the diving accidents. The effects of alcohol are a major contributor to all other swimming pool accidents.

#### **Supervise your swimming pool activities.**

**"Alcohol or drugs do not mix with swimming pool activities."**

#### **Overall Safe Operation and Maintenance of the Swimming Pool**

##### **Equipment In and Around the Swimming Pool**

- The retractable swimming pool covers is a real benefit to you in terms of saving energy and keeping debris out of the swimming pool. **It is a safety covers and will prevent drowning or entry into the swimming pool.**
- Overall, slips and falls constitute the greatest number of accidents involving swimming pools. Keep the patio clean and clear of all debris.
- **Insist that there be no running, pushing or roughhousing near the swimming pool. Never throw anyone into the swimming pool.**

### Layers of Protection

Swimming pools are attractive to children, and children must be kept away from them in the absence of adult supervision. Layers of protection have been installed. All gates and doors with access to the swimming pool shall be lockable, and both gates are self-closing and have self-latching mechanisms that protect against unauthorized entry and use. All fences can be climbed by children given sufficient time. Do not assume that the swimming pool is safe from entry because there is a fence. **Accordingly please use the retractable cover when the pool is unsupervised or the property is unoccupied. Only adult supervision can prevent drowning accidents.**

All layers of protection must be kept in good working order at all times. Please inform Lee or Lisa immediately if any part of the safety system is inoperable.

### Fittings, Grates and Drains

■ Tell children, particularly, that these devices are not toys. **Instruct all swimmers not to stick their fingers, toes or body into them. Entrapment and drowning can occur.**

■ Everyone with long hair should be cautioned not to get their hair near a swimming pool outlet. The suction can cause hair or body entrapment and drowning. For example, a drain without a grate can have a pull of approximately 700 lbs. - enough to hold an adult under water.

### Maintenance of Swimming Pool Water

■ **Keep the swimming pool clean and clear of debris.** For safety's sake, any user of the swimming pool must be able to clearly see the bottom drain or bottom of the swimming pool, so as to be able to make intelligent decisions about jumping.

■ **Keep the swimming pool filled to its proper level.** Periodically check the water levels (Lee will show you the level – it is approximately two thirds up the face of the skimmers).

### First Aid

■ A first aid kit in the Welsh Dresser in the Kitchen. A list of emergency telephone numbers is by the phone in the lounge.

■ **At least one responsible person should be aware of artificial respiration and or cardiopulmonary resuscitation (CPR).**

### Chemicals

The chemicals needed for your swimming pool help make it clean, disinfected and more attractive to use. If you discover any chemicals please inform us and keep them out of the reach of children in the meantime.