



---

# Essential Safety Rules for Swimming Pool Use

**KS3 PE** Ages 11-14 ⌚ 3 min read

---

## Why Pool Safety Matters

Swimming is brilliant exercise and lots of fun, but **pools can be dangerous places if you don't follow the rules**. Every year, people get hurt at swimming pools because they weren't careful. The good news is that most accidents are completely preventable if you know what to do.

Think of it like crossing the road: you know the rules (look both ways, use zebra crossings) to stay safe. Pool rules work the same way.

## Running and Horseplay

One of the most important rules is **never run on the pool deck** (the wet area around the pool). Wet tiles are extremely slippery, and falling can cause serious injuries. **Walk carefully** or ask a lifeguard if you need help. Equally, **avoid rough play, pushing, or dunking others**—these games might seem fun but they can cause panic and dangerous situations underwater.

## Entering the Water Safely

**Always enter the pool feet-first unless you're in the deep end and diving is allowed**. Check with lifeguards about which areas permit diving. Dive only in **designated deep areas**, never in the shallow end where you might hit the bottom. **Never jump or dive in unexpectedly**—always look first and make sure no one else is in your way.

Think of it like landing an aeroplane: you check the landing strip is clear before you come down.

## Supervision and Swimming Ability

**Younger swimmers should always have a responsible adult watching them**. Even strong swimmers can get into trouble. **Never assume you can swim**

**somewhere just because friends do**—know your own limits and stick to areas suitable for your ability. **If you feel tired or unwell, get out of the pool immediately.**

## **Additional Critical Rules**

**Respect lifeguards and follow their instructions without question**—they're trained to spot dangers you might miss. **Don't run into the pool to rescue someone**; instead, tell a lifeguard immediately. **No glass, sharp objects, or inappropriate materials in the pool area. No swimming when the pool is unsupervised or closed, and no swimming under the influence of alcohol or drugs.**

By following these **simple but essential rules**, you'll enjoy swimming safely and help keep everyone else safe too.