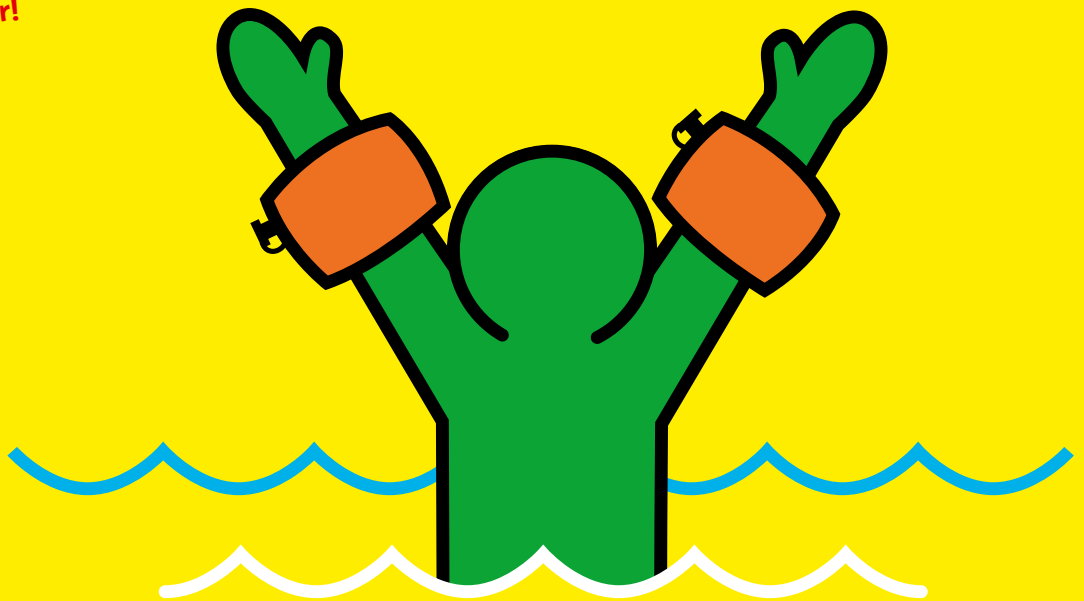


# swim 4 life

## top tips for local supporters

This Top Tips Guide gives you some helpful things to think about or ask your local pool before you plan your first Swim4Life visit. They're just questions worth considering to ensure that your session goes smoothly and that everyone has a great time.

See you in the water!



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## If you're visiting the pool by foot, are there secure buggy/cycle parks provided?

Most swimming pools will have facilities for buggies and bikes, but space might be limited. If you're bringing a large group to the pool, it's worth checking first.

## Is the car park free?

Some leisure providers offer free car parking. Others will charge you - especially in town centres - but you can sometimes get a refund if you use their facilities.

## Which bus routes go to the pool?

This is useful information to pass on to families who aren't travelling by car.

## What's the swimwear policy?

You may find that your local pool has a more relaxed swimwear policy and will allow people to wear light leggings and/or tight t-shirts. This is useful to know if you find that some people would feel more confident about swimming in swimwear that covers them up more.

## Are you aware of the child admission policy?

The child admission policy will state what the required adult-to-child ratio in the pool is. This does vary between pools, so check in advance that your group can all access the pool.

## What play equipment is permitted?

Playing games in the water is great fun for families, but before you bring balls, toys and other equipment, check with your leisure provider that these are allowed during your session.

## What is the changing room set up?

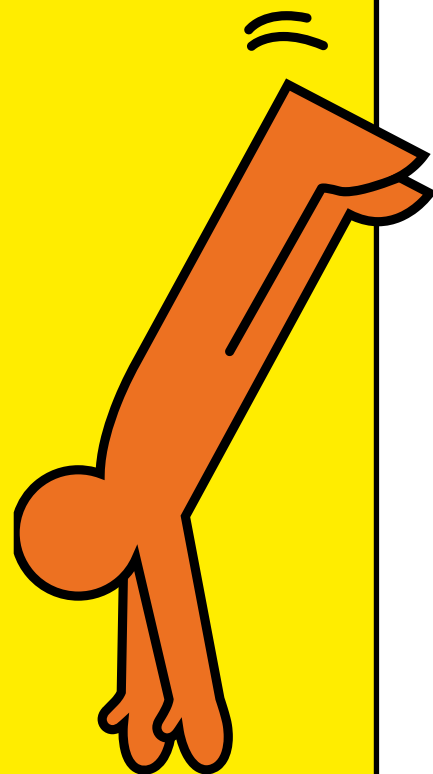
Some pools have a family/group changing area available or an open (village) format, which is often easier for families to use as it provides more space.

## How much does a locker cost?

Lockers generally need a 20p or £1 coin (most are returnable), but it is worth checking beforehand. Other pools may have a wristband system that needs to be purchased at reception when you arrive.

## Other things to think about

If your families have other interests relating to swimming, why not tell the pool and see if they can help? You could also see if there are other groups doing similar sessions, meaning you might be able to share transport costs or arrange a buddy scheme for new families who are unfamiliar with the pool environment, for example.



Don't forget about all the fun **Swim4Life Games** - which you can download [here](#). You can also go onto the website and see videos of some of the games being played. Watch the games [here](#).