



AQUATIC GUIDELINES FOR BABIES, TODDLERS, PRESCHOOLERS

CREATE A SPLASH

Aquatic Guidelines for
babies, toddlers,
preschoolers

DATE: AUG 2022

ENDORSED BY TEAM
REVIEW AS REQUIRED

POLICY TITLE: Aquatic Guidelines for babies, toddlers, preschoolers

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APPROVAL DATE: 28/08/2022

1. Aim

To create an environment that is safe, welcoming and enjoyable for groups of individuals that are not always able to voice their feelings. Respecting young children's autonomy and being educated on multiple types of communicational cues. In line with both our own practices and AustSwims code of conduct, no forceful underwater submersion or other forceful body manipulation.

2. Scope

These guidelines are to be followed by all Create A Splash joint business venturers, volunteers, older children, parents and caregivers and any person in and around the facility.

3. Guidelines

- Coinciding with Create A Splash's Mission Statement and Child Safety Policy, swimming for this age group should be safe and enjoyable. All avenues should be taken to create a welcoming space for young babies and children with plenty of opportunities to have successes no matter how big or small.
- To use age appropriate language and tone that is friendly and gentle. Engage in singing and nursery rhymes and set lesson plans and goals surrounding play and song.
- To acknowledge and remember that all babies and young children learn at different rates and to have more than one activity to practise the same goal. What works for one will not always work for another.
- Create a professional and kind relationship with the parents and caregivers as well. Children seeing that being modelled will also follow.
- Ensure appropriate clothing is being worn by all adult participants, this creates safety for young children to be able to grab onto sleeves of tops and helps both adult and young child's body heat stay warm.

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- Create a pool that is warm enough to aid young children and babies who cannot self-regulate their own temperatures. Between 28-30 is the ideal range with all various age groups considered that will still keep our youngest individuals warm as well.
- Ensure the lesson plan includes a lot of movement to also aid in body temperature as being stagnant for too long has the potential to make some young children shiver.
- Remembering no matter the young child and babies swim ability this age group is never safe in the water alone and should always be in arms reach of a responsible adult.
- Child protection should be considered when changing young children with different spaces to discreetly change children supplied.
- All techniques and activities should be developmentally appropriate and non traumatic to respect a young persons autonomy, rights and dignity.
- Create A Splash have a zero tolerance of corporal punishment performed by anyone, inclusive of parents and teachers.
- Staff are to ensure the pool tests are within guideline parameters and legislation to ensure water is clean and. Safe for all people to be in, especially young children who have more sensitive skin.
- Staff are to ensure they are guiding parents and caregivers with best practices, guidelines and a conscious effort is made to provide safety education through the concise explanation of why activities are being conducted.

4. Expectations of a young child or infant

Learn to swim lessons and aquatic play programs are amazing stepping stones at gaining water confidence and familiarisation for young children. Infants are generally very happy at being in the water and it creates a lasting relationship with swimming throughout a child's life. A child who has been exposed to the water regularly from a young age tends to exhibit confidence and less reluctance than an older child learning to swim for the first time.

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Swimming lessons in young children and infants helps strengthen sleep schedules, aids in gross and fine motor development, increases serotonin and learning tasks while moving improves brain function and memory.

Doctors encourage and recommend swimming in young children who are asthmatics as it is a positive form of physical activity that does not over stimulate their bronchial hyperactivity and instead produces less wheezing and less irritants to the lungs.

Drowning is sadly a leading cause of death in young children in Australia and all positive experiences and educational moments aid those statistics going down.

5. Equipment

- An emphasis needs to be made that although a young child might be successful and happy using floatation devices like noodles, they never replace adult supervision.
- All equipment has to be age appropriate and safe for young hands and mouths to ensure they can not choke or be injured In any way.
- If goggles are used, constant supervision with them while on needs to be had, do not let a young child or infant where goggles in the car as they can become a strangulation risk.
- Infant and young child swimwear should be appropriate at aiding keeping in warmth. Specialised thermals can be purchased but even long suited arms are more efficient than nothing.
- Specialised swim nappies, preferable reusable, should be worn in the water. Under no circumstance is a child to wear a disposable nappy in the pool.

6. Class formations

Infants under 24 months should have one on one adult supervision directly in the water for the duration of the lesson. Adult and infant pairs should be kept to smaller groups to ensure all children get the best outcomes without being overwhelmed.

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This also aids early peer experiences and seeing familiar faces regularly is beneficial to this.

Children 24 months to 36 months can have successful private lessons with their teacher from this age. Adult and toddler classes continuing from infant and adult classes only continue to grow in skills and fun and this age group begins to move more on from water familiarisation to learning basic swimming skills.

3-4 year olds can begin to have independent group lessons away from their adult keeping class sizes to know more than 5 by Austswim guidelines. Create A Splash keep these numbers lower for best practices and take on no more than 3.

7. Conclusion

Swimming lessons for these age groups are wildly successful at promoting a healthy, happy and safer relationship with water, often making younger competent swimmers with a love for water.