



look good. feel good.

get into shape.



Children in Swimming Pools - Guidelines

our clubs are designed for you.

Cowes Club complies with the following government directed guidance regarding children in UK swimming pools:

Under 4 years

Children under the age of 4 years must be accompanied in the pool by a swimming adult at a ratio of 1 adult to 1 child.

4-8 years

Children between the ages of 4 - 8 years must be accompanied in the pool by a swimming adult at a ratio of 1 adult to 2 children.

9-12 years

Children between the ages of 9 - 12 years are permitted in the pool on their own without an adult in the water, however an adult must be present on the pool side with them.

12 Years +

Children 12 years and over can enter the pool unaccompanied by an adult, only if they are competent swimmers. A lifeguard may request a swim test to establish their current ability.