

GUIDANCE IN RELATION TO THE USE OF AN INHALER FOR SCHOOL SWIMMING SESSIONS.

Any child that has a prescribed inhaler must bring it to their swimming lessons.

Failure to bring the inhaler to the pool will mean that the individual is unable to take part in the swimming lesson, as the service is uninsured.
The child may support the Instructors for the duration of the session.

SCHOOLS ARE REQUIRED TO ENSURE THAT:

- Each child's inhaler is brought with them to the pool
- Each child's inhaler is brought onto poolside and left near to the area in which they are swimming on a float or in a plastic container for ease of access and administration.
- **Each child's inhaler must be marked with their name and dosage to be self administered.**
- **Any child or adult requiring to use an inhaler, who for any reason has not got one with them, can share another child or adults inhaler providing it is of the same type and dosage.**

The Swimming Instructors/ Lifeguard are responsible for overseeing the administration of the inhalers.

The Swimming Instructors/ Lifeguard are responsible for ensuring the correct procedures are adhered to, if oxygen is administered.

The Swimming Instructors/ Lifeguard are responsible for ensuring further medical assistance is called for if required.

PLEASE NOTE THAT IF AN INHALER IS USED THAT THE CHILD SHOULD:

EXHALE SLOWLY TO EMPTY THE LUNGS (this will prevent the medication from hitting the back of the throat and inducing coughing) **THEN**

INHALE SLOWLY COUNTING TO TEN (ensuring the medication is taken down directly into the lungs).

This procedure must be repeated as directed by the dosage.

Ensure normal breathing is maintained prior to allowing the swimmer back into the pool.

If the situation arises where there is no awareness of any medication being prescribed and the child or adult presents as if having an asthma attack then they should be dealt with as the lifesaving qualification advises.