

APPENDIX 1

Shrewsbury Swimming Pool provision

Outcomes and detailed requirements

The vision

As part of Shropshire Council's strategy to deliver a network of modern, efficient and sustainable sports facilities our vision is for a new 25 metre 8 lane pool with a learner pool to replace existing swimming provision at the Quarry site. Significant fitness provision is also likely to form part of the new offer.

The pool should primarily support recreational swimming, learn to swim programmes, school use, club use and competition use. The pool should be the "county pool" attracting usage and competition from across the region. In addition a range of other aquatic uses will also be encouraged e.g. triathlons, sub aqua diving, canoeing, water polo, synchronised swimming, etc.

It is also proposed that this new swimming pool should complement other leisure and recreational provision with the County town. Ideally being co-located with some of this provision to enable cross promotion and usage and improve efficiencies both in terms of management / maintenance and also infrastructure (eg. public transport). The pool should be accessible by foot, bike, public transport and car and ideally will provide ample parking.

Programmes and usage should be fun attracting both existing and new users and should provide a high quality customer experience that will encourage continued use. The pool will be accessible to people with disabilities and no one will be excluded. Swimming provision (alongside other leisure provision) will actively contribute to improved personal well-being – physical and mental -, and improved social cohesion and community resilience. Major competitions will also support secondary spend in the local economy.

Linking aquatic provision to other leisure provision to create a multi-sport domain alongside the development of a Sports Development programme provides the opportunity to attract new audiences, embed the facility within the community, and diversify the offer and to reduce running costs. Beyond this there is the opportunity to create a wider "community complex" that also includes, for example, learning and health opportunities.

The pool will be designed and built to recognised industry standards. Our aim is to provide build value for money and an operation that is efficient providing the best chance of long term sustainability. Meeting modern build and energy conservation standards will be important.

Our outcomes

Through the provision of new swimming provision in Shrewsbury we are focused on delivering improved outcomes for our customers.

There are a number of outcomes from the **Shropshire Health & Wellbeing Strategy, 2012** that swimming provision will contribute to, principally:

People are empowered to make better lifestyle and health choices for their own and their family's health and wellbeing

Building on this outcome, on its emphasis on health choices for families, and on the **Children & Young People's Strategy 2012** the following additional outcomes are proposed:

Keeping more children healthy (physically and emotionally) and reducing health inequalities by focusing on prevention and early intervention.

Working with our partners to improve outcomes for children and young people and helping them to make a positive impact.

Swimming provision in Shrewsbury will support the delivery of the national curriculum, in particular swimming instruction either in Key Stage 1 or Key Stage 2. Specifically pupils should be taught to swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively such as front crawl, backstroke and breaststroke and perform safe self-rescue in different water-based situations.

Swimming pool provision will contribute to **Shropshire Council's outcomes:**

- Your money – feeling financially secure and believing in a positive future
- Your health – living a long, enjoyable and healthy life
- Your life – feeling valued as an individual
- Your environment – living in an attractive, vibrant and safe environment

Sport England objectives (2012/17 Strategy) which New swimming provision will contribute to are:

- Help more people have a sporting habit for life
- Create more opportunities for young people to play sport
- Nurture and develop talent
- Provide the right facilities in the right places

Ultimately increasing % of 14+ taking part in 1x30mins sport and recreation per week.

We will deliver the outcomes described above through the development of a detailed pool programme and sports development plan.

A note on detailed pool requirements (from the ASA)

25m Shallow Pools

The ASA recommend that pools, which are to meet the whole needs of the community should provide both shallow and deep water. If the cost of a moveable floor is prohibitive it is preferable to provide a pool with a traditional profile of a shallow end and a deep end.

Where a learner pool is provided a minimum depth of 1m at the end wall should be provided with the floor then having a 1 in 33 slope down to 1.35m followed by a 1 in 15 slope down to 2.0m at which point it rises to 1.8m against the deep end wall.

This type of profile will provide deep water which will allow:

- The teaching of a shallow dive, which is the preliminary to the teaching of all other diving activities and which requires a minimum depth of 1.8m
- The treading of water which is a part of the safety skills required in the DfES National Curriculum for Swimming
- The opportunity for all swimmers to experience swimming in deep water and gain confidence in their ability to cope with water where they can't stand as a preparation for swimming when on holiday in deep pools, the sea and lakes etc where they may inadvertently get out of standing depth
- Advanced Aqua-fit courses in deep water
- The practice of surface dives which are a part of lifesaving skills which requires a depth of 1.8m
- For local swimming club members
 - To practice and become competent in racing dives (Competitive Start Award); practice before they are assessed as competent requires a minimum depth of 1.8m
 - To practice the introductory and basic skills in synchronised swimming which requires a depth of 2.0m
 - To practice for and play water polo which also requires some deep water.
- For canoe clubs to practice rolls and other water safety procedures
- For sub-aqua clubs to practice under-water training and safety techniques

Activities and Water Depths

The following is a list of activities and the depths of water required:

- Parents, carers and toddlers 0.2 to 0.6m
- Learning to swim - for very small children 0.6 to 0.8m.
- Learning to swim older children and others including adults 0.9m upwards.
- Competition swimming - training and events preferred depth 1.0m, minimum depth of 0.9m to permit tumble turns. Racing starts permissible in this depth for those competent to the standard of the "Competitive Start Award". However a preferred minimum depth for starts off a starting block would be 1.2m.
- Teaching shallow dives and racing starts - minimum depth of 1.8m.
- Swimming for fun and enjoyment minimum 0.9m upwards, preferred 1.0m
- Swimming for fun and enjoyment with floating play equipment preferred minimum 1.0m upwards.
- Swimming for fitness - Aquacise and exercise classes for obese persons 0.9m upwards, preferred 1.0m.
- Swimming for fitness - lane swimming 0.9m upwards, preferred 1.0m.
- Use by persons with a disability - depth depends upon type of disability but for adults with spinal problems a minimum depth of 1.2m is required.
- Synchronised swimming – low level training 1.8m deep
- Synchronised swimming – advanced training 1.8m deep with an area 10m by 12m by 2.4m deep.
- Mini water polo – water 0.9m upwards.

- Water polo - training, local league or other low level competition - pool including an area of water 1.8m or more deep and preferred minimum depth at shallow end of 1.2m.
- Water polo - higher standard of play 1.8m deep throughout the playing area.
- Sub-aqua training - an area of water minimum 1.5m deep.
- Canoe practice - an area of water minimum 1.5m deep.
- Lifesaving and practice – 1.8m deep.
- Octopush – minimum 1.2m, ideal 2.0m deep.
- Aqua jog- clearly this depends on the height of the participant but it is recommended that a minimum of 1.8 m is adopted.

Site Footprint Considerations (from the ASA & SE)

Detailed guidance from Sport England and the ASA is that a footprint of approximately **6,500m²** will be required to accommodate a 25m x 8 lane pool, fitness provision plus ancillary provision including access and parking.