

# Swimming Pool User Guidelines

## Please....

- Remove shoes before entering the changing rooms.
- Remove jewellery and spectacles (unless they have plastic lenses).
- Do not swim if you have any skin infections, cuts or open sores.
- Shower before entering the pool.
- Do not shave in the showers.

Updated December 2016

## Safety

- Read the information poster displayed at the shallow end of the pool.
- Do not run, poolside is wet and slippery.
- Don't hold onto lane ropes.
- Diving and jumping is permitted in the deep part of the pool (3.2m)
- Be aware of the differing depths of the pool before entering.
- Hand paddles/fins are permitted when swimming front crawl or front crawl leg kicks; as long as there are no more than 4 swimmers in that lane.
- Facemasks/snorkels must be plastic.
- Only use plastic drinks containers on poolside.
- Please do not spit into the pool or poolside drains.
- Report all faults with facilities or equipment to lifeguards and / or reception.
- Get out of the pool on hearing the Pool emergency alarm.

## Admission

- *1 adult per child aged 3 or under, the adult must be within reach of the child (1:1).*
- *1 adult to 2 children, aged 4-11 the adult must directly supervise at all times (1:2).*
- *Children 8 and under will not be charged.*
- *Children 9 or over will be charged the relevant guest fee. Please ask at reception*
- *Children 12 and over can have their own membership. Lifeguards will monitor their ability during their first session.*
- Children U8 can change in either sex changing room with a parent/ guardian. Where possible parents / guardians and children should use the changing room cubicles, accessible changing rooms are also available for parent/child changing on an ad-hoc basis.
- **Last admission for swimming is 20mins before advertised closing time.**
- **Please be clear of the changing rooms 20mins after advertised closing time.**

## Medical Concerns

- If you are an epileptic, diabetic or have a medical condition that might need specific assistance please inform the lifeguard at the earliest opportunity.
- Individuals suffering from diarrhoea should wait 14 days before swimming.

## General Sessions

- Non/weak swimmers should use **GENERAL** sessions and must not go out of their depth.
- Aqua jogging is permitted in the deep end in General sessions (max no of 10).

## Lengths Sessions

- Users attending a length session must be able to swim one length continuously.
- Be aware of the lane speed, if you are slowing people down or are too fast you need to move lane or briefly stop at the end so the faster swimmer can move in-front.
- Keep end walls clear so swimmers can turn or tumble turn safely.

## AOB

- Spectators must stay in designated area, please remove footwear or wear overshoes.
- PAYG swimming is available at weekends and throughout vacations.
- Group training sessions cannot take place during General or Lengths times.

**Please observe and comply with these guidelines, or instruction from the lifeguard.  
Thank you for your cooperation.**

### Lifeguard Responsibilities

- *The safety of all users in the pool area*
- *To anticipate problems and prevent accidents*
- *Identify emergencies quickly and take appropriate action*
- *Safe management of lanes during Lengths swimming*
- *To intervene, preventing behaviour which is inconsiderate to others*
- *To control the use of large floats & balls in General/Family sessions*

**If you have any questions please direct them to the lifeguard who will gladly help with your query.**