

# Pool user code and safety rules

These rules exist to ensure everyone enjoys their visit in safety and to maintain the hygiene of our water.

## General Code of Conducts

- If you have a medical condition such as epilepsy, asthma, diabetes, or a heart condition, notify a lifeguard and please take care.
- Please be considerate of other pool users.
- We ask that no private lessons are to be taught in the pool without prior authorisation.
- Always follow the directions of our lifeguards. They are the most qualified to make decisions in this environment.
- You will be asked to leave if you refuse the instructions of our lifeguards, or your behaviour threatens the safety and enjoyment of yourself or others.

## Supervising a child/ren

- Parents/caregivers/supervising adults must always accompany children aged 5 years and under in the water.
- Older children, 5 - 8 year olds, must be actively supervised - this means you must be ready to respond if your child(ren) requires help.

## What you should not do

- Do not swim if you are unwell or have had diarrhoea in the last two weeks.
- Never swim under the influence of alcohol or drugs.
- No running, jumping, pushing, or fighting in or around our pools.
- Diving and bombing are only allowed if explicit consent of the Lifeguard, and within the allocated area.
- Avoid holding your breath and swimming underwater, especially after hyperventilating. This can lead to shallow water blackout.
- Glass is not permitted within the pool venue.

# What to wear in the pool



## Clothing that is acceptable:

- swimsuit, bikini or tankini (bikini with tank top)
- shorts ending above the knee
- rash shirts
- modesty wear
- swim nappies (children under 3 years old)
- swim briefs.

## Clothing that is unacceptable:

- underwear of any kind
- cotton or denim clothing
- loose-fitting clothing.

For any questions of exceptions to the above, please ask staff.