

# **POLEHAMPTON SWIMMING ASSOCIATION**

## **SUMMARY OF POOL RULES FOR YOUR HEALTH AND SAFETY**

- \* Children under the age of 10 must be supervised by a responsible adult at all times
- \* Maximum of 2 children aged five or under per responsible adult
- \* Please do not swim or allow your child to swim if you or your children have had stomach upsets in the last 48 hours
- \* Please shower before swimming and use the footbath before entering the water
- \* Weak or non swimmers should remain in shallow water  
(No unaccompanied children beyond the half way rope unless competent swimmers)
- \* No running
- \* No diving
- \* No pushing
- \* No 'bombing'
- \* Evacuate the pool immediately in the event of a thunderstorm
- \* No photography anywhere on the pool site unless authorised by staff
- \* No food or drink allowed in the pool
- \* No animals allowed except guide dogs
- \* No inflatable toys
- \* No glass bottles or containers and no alcohol to be consumed on the premises
- \* Please remove stiletto heeled shoes before walking on the pool surround.

**BAD BEHAVIOUR OR NUISANCE WILL NOT BE TOLERATED AND MAY  
RESULT IN EVICTION FROM THE POOL – PLEASE REPORT ANY  
OFFENSIVE OR INNAPROPRIATE BEHAVIOUR TO THE STAFF**

**Thank you for abiding by our rules**