

# Swimming Pool Information



## Pool Access

Members and paid guests can access the pool as per the timetable. Membership is not transferable.

## Hygiene.

Please...

- Remove your external shoes upon entering the changing rooms.
- Remove all 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.

## Safety.

- Read the information poster displayed at the shallow end of the pool.
- Know the differing depths of the pool before entering.
- Children under 12 years need to be accompanied by an adult.
- Children under 8 years, may use opposite sex changing rooms accompanied by an adult who is responsible for them.
- Hand paddles and fins can only be used in LENGTHS sessions and when no more than 2 people are in a lane.
- Drinks containers used on poolside should be plastic with no spill spouts.
- Inappropriate behaviour will not be tolerated. Offenders will be asked to leave and membership may be withdrawn.
- Please report all faults with facilities or equipment to Munrow reception.

## Medical issues.

- If you are an epileptic, diabetic or have a medical condition that might need specific assistance please inform the lifeguard at the earliest opportunity.

## Etiquette.

- Non and/or weak swimmers should use GENERAL sessions or attend swimming lessons.
- Please do not spit into the pool or poolside drains, use the toilets.
- PAYG swimming is aimed at 1 or 2 persons coming in for a recreational swim. Groups wishing to book the facility should contact reception.
- PAYG swimming is available at weekends in term and throughout vacations when the pool is available.

## Lengths etiquette.

- **Only swimmers capable of multiple lengths should use this session. Weak or non swimmers should use GENERAL or sign up for LEARN TO SWIM classes. Weak/non swimmers will be asked to leave if customer safety could be compromised.**
- Be aware of the lane speed and try to stick to it.
- If you are slowing people down or are too fast for the majority of swimmers move lane.
- Keep the end walls clear so swimmers can turn or tumble turn safely.
- Please allow faster swimmers to pass by moving over or briefly stopping at the end.
- Aqua jogging should be done during GENERAL sessions and at the discretion of the lifeguard.
- Children under 12 years accompanied by an adult can swim if they pass the competency test available from reception.

## Spectators

- Should stay in the designated area, if they need to go poolside please remove footwear.

## Lifeguards responsibility.

- The safety of all users in the pool area.
- To anticipate problems and prevent accidents.
- To intervene to prevent behaviour which is inconsiderate to other users.
- To enforce the information listed above.
- To provide a safe and pleasant environment for all.
- Identify emergencies quickly and take appropriate action.

**If you have any questions please direct them to the lifeguard who will gladly help with your query or seek assistance from a colleague.**