

1. PSLC Poolside Rules

All users must abide by the pool rules. The principal contact must ensure all users are aware of these rules. The lifeguard on duty will also ensure this happens.

- No running on the poolside.
- Shower before entering the pool.
- No fighting, bullying, ducking, pushing or throwing other bathers into the pool.
- Swim hats must be worn at all times in the pool.
- No face masks, flippers or snorkels to be used during general PUBLIC sessions.
- No eating or drinking on the poolside, except water.
- No outdoor footwear permitted on the poolside. (Shoe covers available from lifeguard).
- No spectators permitted on the poolside including swimming lessons (unless specific permission given).
- Photography and Filming Equipment (including camera phones) is strictly prohibited on viewing gallery and pool bank.
- No smoking.
- Non-swimmers and weak swimmers must remain in the areas of the pool indicated by the signs on poolside.
- Accompanying adults must not leave children under the age of 8 unattended or beyond eye contact. One adult can only be responsible for 2 children under 8.
- Diving is not permitted into depths of less than 1.5 metres and then only shallow racing dives are allowed.
- No jumping onto floats, rafts or inflatables from poolside.
- All bathers MUST have correct swimwear. (No calf length shorts, No underwear, No t-shirts - these are subject to management approval).
- The Lifeguards instructions should always be followed.
- Lifeguards will not let children out of the changing room area until required numbers of teachers are present.

Health and Safety / Hygiene

- In the interest of your Hygiene and health, the pool is filtered continuously, and disinfected with sodium hypochloride. To further reduce pollution, please:
 - Ensure you shower before entering the pool.
 - Ensure you visit the toilet before entering the pool and encourage children to do so.
- Girls and boys over 7 years of age must use the appropriate changing rooms to avoid embarrassing and potentially dangerous situations.
- Children still requiring nappies are encouraged to wear a recognized swim nappy, available for purchase at Reception.
- Conventional nappies are not permitted in the pool.
- Do not swim if you have had vomiting or diarrhea in the last 24 hours.
- Any incident involving contamination of the pool must be reported to staff immediately.
- You are advised NOT to swim if you are suffering from the following: Ear infection
Open wounds-Coughs /Colds etc.