

POOL CODE OF CONDUCT

- All swimmers are encouraged to shower before entering the pool, steam room or sauna (*recommended 1 minute of showering*)
- Swimming hats must be worn at all times to ensure good pool water quality
- Snorkels, scuba masks, flippers and swim fins are not permitted in the pools
- Hand paddles are only permitted in swimming lanes and only if used safely
- Aqua-joggers are not to be used without prior guidance of the lifeguard on duty and must be returned to lifeguards when finished
- Inflatables other than arm bands, baby seats and baby rings are not permitted in the main pool at any time
- Patrons using baby seats, regardless of age, must be accompanied by a swimming adult at all times
- Arm bands and baby rings are restricted to the learner pool and the main pool from the 'no armbands beyond this point' sign to the shallow end wall. Children should be supervised when using inflatables
- Members / patrons must not be present on the pool deck unless absolutely necessary and with the agreement of the duty manager on duty
- Mobile phones / recording equipment of any description are not permitted in the pool area without prior consent of the duty manager on duty

- **Outdoor footwear is not permitted on pool deck. Protective pool shoe covers must be worn**
- **Prams / buggies are not permitted on pool deck at any time**
- **Children are not to be left unattended on pool deck at any time**
- **Members / Patrons should ensure that infants placed on the baby-changing units are fully supervised at all times**
- **No running on the poolside at any time**
- **Diving, jumping, bombing, somersaults, etc into the pool are not permitted at any time. Patrons should sit down and lower themselves in gently or use pool steps to enter the pool**
- **The pushing of pool staff into the pool is strictly forbidden**
- **No petting or inappropriate / offensive behaviour is permitted in the pool area at any time**
- **Weak / Non-swimmers should always remain inside their depth whilst in the pool. Swimmers' ability is determined by the lifeguard on duty.**
- **Ball games are not permitted in the pool at any time**
- **Smoking, vaping and any other tobacco product use is not permitted on the premises of the Mardyke Arena at any time**
- **Appropriate swimwear must be worn at all times. Soiled swimwear, underwear and t-shirts are not permitted. Long sleeved swimwear may be worn if it is specialised swimwear**
- **Sharp objects must not be brought into the pool area, in particular razors or glass**
- **Young children, 3 years of age and under, must wear protective swim pants at all times**

- All swimmers must vacate the swimming pools promptly when signalled to do so by the pool staff
- Swimmers are not permitted to swim long distances underwater, hold their breath for extended periods or repeatedly duck under water. Length of distance and duration of breath holding will be determined by lifeguard on duty
- Chewing gum is not permitted in the pool area
- Members / Patrons must use the lockers provided to store belongings. The changing cubicles must be kept clear when not in use. Patrons may not leave their personal belongings on the pool deck.
- Members / Patrons are limited to one person per cubicle, including shower cubicles, except in the case of parents with children
- Members / Patrons are not permitted to teach swimming in the pool
- Teams are not permitted to use the pool facilities before, after or during team activities
- Members / Patrons should be courteous to other members and staff and not use inappropriate or offensive language in the Arena
- Members / Patrons should observe Children's Changing Policy - There are a number of individual changing cubicles in the pool area of the Mardyke Arena UCC. We also offer male and female group changing rooms in this area. We would ask that female patrons with male children and vice-versa use the individual cubicles wherever possible as opposed to the group changing facilities. This policy is intended to avoid any discomfort/embarrassment to patrons using the group changing room
- Members / Patrons must at all times adhere to calls and instructions given by staff.