

SWIM SAFELY RULES - CODE OF CONDUCT

Lead bookers confirm that they will abide by the Swim Safely Rules outlined by Whitsand Bay Fort Holiday Village Ltd and take full responsibility for those in their group, including first aid requirements.

All swimmers **MUST** be checked in by the pool attendant before proceeding to change rooms. This is to keep everybody safe and accounted for. Please ring the bell and wait in reception.

- **Children under 8 years old** must be accompanied by a competent adult swimmer 18+ years, with a maximum of 2 children per 1 adult. The competent adult swimmer must actively supervise under 8's and non-swimmers under 16.
- **Ages 8-15 years** swimmers need to be accompanied by an adult who remains in the complex the entire time the juniors are in the complex (pool/changing rooms).
The adult must be ready to go to the aid of the swimmers if they are in difficulty.
- **RUNNING, BOMBING, BACK-DIVING, FIGHTING** is not permitted.
- **DON'T** push others in for a joke - this is very unsafe.
- **WALK**, absolutely no running. This is very dangerous, and you may be asked to leave.
- **NO** rough play.
- **TIE BACK** long hair. You may be asked to leave the pool if this is not adhered to.
- **NO FOOD** or **DRINK** to be consumed in the pool complex (all areas).
- Always **check the water is clear** if you intend to jump in the pool.

SWIM HEALTHY

- Please help us to keep the pool clean by showering and using the toilet facilities **BEFORE** you swim.
- Children should be encouraged to use the toilet before entering the swimming pool.
- **Tummy troubles**. Please do not swim if you have had an upset stomach within the last two weeks.
- **Wait after eating**. Avoid swimming within two hours of eating or if you are under the influence of alcohol, medication, or anything else.
- Avoid going to the pool if you have the flu, open wounds, or warts to avoid infecting other pool visitors.
- Plasters cannot be worn in the pool – they are small and may damage filters if floating in pool.

EQUIPMENT

Swim aids (noodles, arm bands, baby aids) are permitted; use of inflatables is at the discretion of the pool attendant and based on capacity. Bath toys/small children's toys are not permitted for use in the pool. No body boards.

WHAT TO WEAR

- All swimmers must wear clean **swimwear** – outdoor clothing is not allowed.
- Toddlers must wear waterproof swim nappies. We recommend a double nappy system which consists of an under-nappy, with a second swim nappy over it.

RESPECT & BEHAVIOUR

- People of different standards and abilities will use the pool. Please respect their right to enjoy their swim.
- Abusive language, threatening or violent behaviour will not be tolerated and you will be asked to leave the complex.