

# Sedbergh Swimming Club



## POOL RULES

- CHILDREN UNDER 8 YEARS OF AGE MUST BE ACCOMPANIED IN THE POOL AND SUPERVISED BY AN ADULT
- NO NON SWIMMERS/ARMBANDS BEYOND THE MIDDLE STEPS
- NO DIVING FROM SHALLOW END OR LONG SIDE OF POOL
- NO BOMBING
- NO RUNNING
- NO PUSHING
- NO DUCKING
- NO OUTDOOR SHOES ON POOLSIDE
- NO SPECTATORS ON POOLSIDE – ALL ON BALCONY
- NO PUSHCHAIRS/PRAMS ON POOLSIDE
- NO PHOTOGRAPHY OR VIDEOS (UNLESS AGREED WITH THE CLUB)
- NO LOOSE LONG HAIR – PLEASE TIE HAIR UP
- SWIMMING CAPS MUST BE WORN FOR LESSONS
- NO LONE SWIMMING

Lifeguards/supervisors are responsible to ensure all these rules are adhered to maintain consistency in our approach.

If anyone challenges any of the rules then please quietly enforce and ask them to contact a member of the Committee in person or by using the Club's email –

[Sedberghswimmingclub@gmail.com](mailto:Sedberghswimmingclub@gmail.com)