



OAK GROVE COLLEGE

Rules for the Use of the Swimming Pool

- Pool hirers must have an RLSS qualified pool lifeguard in attendance at all times and poolside, and a minimum ratio of 1:20
- There should not be more than 20 people in the pool at any one time
- Unaccompanied children are not allowed in the pool or to sit on the beds in the foyer, children not swimming must be supervised
- There should be no running around the edge of the pool
- No diving or snorkelling permitted
- Where swimming aids have been used, they must be replaced tidily
- Key holder must sign in each time they use the pool and state how many swimmers (sheet for signing in on wall)
- No one is to sit on changing beds

HYGIENE

- **IMPORTANT:** The showers must be used by **everyone** using the pool but **shampoo, soap, etc must not be used**
- Outdoor footwear may not be worn in the pool area
- Feet should be checked for infections before entering the pool
- Children should be encouraged to use the toilet before entering the water
- Incontinent children should wear appropriate protective clothing
- All small children must be supervised when using the toilets
- Girls and women should not swim during their menstrual period
- All soiled incontinence pads should be removed from the changing rooms and disposed of
- **No talcum powder may be used**
- **No** food, sweets or drink is allowed
- Spectators are not allowed beyond doors to pool area
- Only lifeguard, instructor and staff allowed in poolside area

SECURITY

- The pool area and changing rooms must be left tidy and any damage or fault must be reported
- The key-holder is the person responsible for the security of the pool and for ensuring that the above rules are observed. When session has finished pool doors must be shut and gate locked.
- On leaving lock the car park gate

EMERGENCIES

- The poolside telephone is **for emergency use only**. Dial 9 first for outside line

Please do not enter the pool area until the pool and changing rooms are empty.

Please keep to time slots.

Your co-operation is appreciated.