

CLUB RULES & REGULATIONS

General rules and regulations that should be followed when using a swimming pool:

1. **Proper swimwear:** Only appropriate swimwear should be worn in the pool area. Street clothes, shoes, and other items can contaminate the pool.
2. **Shower before entering:** Showering before entering the pool is recommended to reduce the amount of dirt, sweat, and oils that enter the water.
3. **No swimming alone:** It is always best to swim with a buddy or in a group, as swimming alone can be dangerous.
4. **No running or rough play:** Running, diving, and other rough play can lead to accidents, injuries, and collisions.
5. **Follow lifeguard instructions:** If there is a lifeguard on duty, always follow their instructions and listen to their warnings.
6. **No diving in shallow water:** Diving is only allowed in designated areas with sufficient water depth. Never dive into shallow water, as this can result in serious injuries.
7. **No smoking:** Smoking is not allowed in the pool area as it can pose a fire hazard and be a health hazard to others.
8. **No food:** Food should not be brought into the pool area as they can pose a hazard and create a mess.
9. **No drugs or alcohol:** Alcohol and drugs impair judgment and coordination, and should not be consumed before or during swimming.
10. **Keep pool area clean:** Help keep the pool area clean by disposing of trash and other items in the proper containers.

* Children below the age of 10 are only allowed with their guardian or parent.

** Guests who are accompanied by club member may be charged separately.

Remember, always follow the rules and regulations set by the pool management and use common sense to ensure a safe and enjoyable swimming experience.