



General Customer Information – Our Pool Rules

Common Rules

- ! No running around poolside
- ! No bombing/flips
- ! No penguin dives
- ! Keep off the lane ropes
- ! No glass in the facility
- ! No eating in the pools, steam room, sauna or on gym equipment.
- ! Pool kickboards are not to be stood on or jumped off
- ! No unsafe diving or jumping off poolside, diving unassisted is only allowed in deep end of the main pool
- ! Equipment provided to swimmers is not to be used for play fighting

Swimmer Dress Policy

Swimmer dress policy is communicated throughout the facility and as below

- ! No underwear allowed (this includes boxers)
- ! No t-shirts
- ! Shorts must be above the knee
- ! Children under 3, must wear 'little swimmers' or equivalent (not general nappies as they become heavy and dangerous) – this is to avoid faecal incidents
- ! No street clothing

The below exceptions may apply;

- Clothing worn for training purposes
- T-shirts worn for medical reasons
- In fitness classes where appropriate (e.g. exercise tights in floatfit)

Lane Swimming Etiquette

Refer to customers to the signs at the end of pool, lane swimming is clockwise direction, booked lanes are identified and can be used up to the time on the sign.

Pool Specific Rules

The below are lifeguard-controlled pools, the common rules, pool alone policy, swimmer dress policy and lane etiquette apply;

Main 25m Pool

- No patrons are to use diving block without prior approval
- Shoulder rides in deep end only of the main pool, and away from walls

Hydrotherapy Pool

- This pool is '17 years and over only' - an exemption can be requested with a medical certificate for the purpose of physical rehabilitation.

Hydroslide

- Children under the age of 1 year are not permitted on the slide.
- Children between the age of 1 and 5 must be accompanied as per the Pool Alone Policy.
- Children between the age of 5 and 8 can use the slide by themselves but the parent/caregiver needs to be in the immediate vicinity of the slide exit chutes.
- Feet first at all times (on back or belly)



- Exit the slide immediately at the end of the chute
- No climbing in the middle space in between the slides
- Wait for the green light before entering the slide (a minimum of one green light between entries, if going in pairs its recommended to wait two lots of green lights before entering due to speed)
- Maximum of two people at a time, it is not recommended for two adults to go at same time in same slide.

Leisure/Lazy River Pool

- No climbing on island
- Move clockwise around the lazy river

Hot pools (Spas)

- These pools are '17 years and over only'.
- It is recommended that those who are pregnant, especially in the first trimester do not use the hot pools due to the risk in over heating (due to not being able to lose heat effectively by sweating causing core temperatures to rise)

Sauna and Steam Room

- These are '17 years and over only'.
- It is recommended that patrons only spend 15 minutes a time in these rooms and keep hydrated, as per signage.
- It is recommended that those who are pregnant, especially in the first trimester do not use the sauna and steam room due to the risk in over heating (as a result in not unable to lose heat effectively by sweating causing core temperatures to rise)

Toddlers Pool

- No running through or in the pool due to depth.



POOL RULES

LISTEN

Please listen to our lifeguards

DRESS TO IMPRESS

Swimming togs only
Shorts must be above the knee

ACTIVELY SUPERVISE

Please actively supervise children
and those at risk

THE FLOOR IS SLIPPERY

Please take care and walk slowly

SAFE ENTRIES AND EXITS

Our pools are not deep
Please enter and exit pools safely

EMERGENCIES

If you hear three whistles or alarms, please
exit the water and follow the instructions