



RULES AND REGULATIONS OF THE SWIMMING POOL

- 1- The Swimmers are required to wear appropriate swimwear.
- 2- A valid School ID must be carried at all times.
- 3- No one may enter without the vigilant presence of a lifeguard, coach or teacher.
- 4- All swimmers must take a shower, upholding the highest standards of hygiene, before entering the pool.
- 5- Keep personal belongings in the designated areas. No claims will be entertained in case of loss.
- 6- Pool equipment such as kickboard, should be used with care and returned to its rightful place.
- 7- In times of unforeseen emergency heed the lifeguard's guidance and exit the pool calmly.
- 8- The lifeguards are empowered to uphold the rules & ensure the well being of all by removing any individual who may pose a risk.

Pool Side Etiquette and Safety Guidelines.

- 1- No Diving.
- 2- No Swimming with open wounds or infections.
- 3- No pushing, running or roughhousing.
- 4- No running on the Pool deck.
- 5- Food, Drinks and Chewing Gums are Not Allowed.
- 6- No spitting or nose blowing.
- 7- Do Not Apply anybody oil before entering the Swimming Pool.
- 8- Accompanying Adults/Visitors to wait/sit at the designated area.
- 9- Breath-holding or Hyperventilation games are Discouraged.

By Order: School Management