



### **RULES AND REGULATIONS FOR SWIMMERS**

- ◆ On the days when pupils have swimming, they are advised to eat a good breakfast at home and only have a light snack, if necessary, before their lesson.
- ◆ All swimmers must take a shower before and after swimming.
- ◆ Diving into the pool is absolutely forbidden unless it is part of the swimming lesson.
- ◆ Swimmers with open wounds, sores or skin infections are not permitted in the pool at any time.
- ◆ No rough play, running or shoving etc. in the pool area.
- ◆ Inflatable devices or swimming aids i.e. armbands, inflatable rings, swimming suits with inflatable devices are not permitted.
- ◆ Chewing gum is absolutely forbidden.
- ◆ Pupils must be quiet around the pool.
- ◆ No use of kickboards or pull buoys other than for their intended use.
- ◆ Swimming is prohibited for female pupils during their monthly period.
- ◆ Sunbathing oil is prohibited for safety reasons, but waterproof creams can be used as sun protection.
- ◆ **DRESS CODE**: swimmers are required to wear a bathing cap, goggles, swimsuits (no cut-offs, gym/boxer shorts are allowed). It is also compulsory to wear flip flops when walking in the pool area. Swimmers must also have a towel, a bath robe and an athletic bag.

### **MEDICAL REQUIREMENTS**

- ◆ Certificates from a Cardiologist and a Dermatologist are needed.
- ◆ No swimmers will be allowed to enter the pool without providing the school with these certificates.

### **ADDITIONAL SWIMMING POOL AREA RULES AND REGULATIONS**

- ◆ No food, drink or tobacco products anywhere in the swimming pool area.
- ◆ Nothing must be thrown around the pool area.