



**MED
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MEDSPORTS Swim School Rules

Normal Pool Rules

1. Strictly NO PARKING on school premises . Please do not try to enter the school car park as this is prohibited. Please Park elsewhere outside school gates.
2. No parents on poolside unless invited.
3. All children must wear a swim hat/cap (no exceptions). Swim cap is available for sale on site. Please Ask coordinator for pricing.
4. No jewellery or watches to be worn in the pool.
5. Strictly no running in the poolside area.
6. No food and drink allowed on the premises (including changing/waiting areas).
7. All shoes (including those of parents) to be removed when near the poolside area to keep dust and dirt from contaminating pool water.
8. No baby strollers in the changing rooms at any time. Please, if you change a diaper for babies, take it home with you, there are no facilities for diapers disposal on site.

COVID-19 Updated Rules

We have some additional rules in place in order to meet Government guidance for swimming during the COVID-19 pandemic:

- Swimmers need to arrive already changed into their swim wear and with as little as possible additional clothes on).
- Swimmers can only enter the swimming pool grounds five (5) minutes before their lesson time (and not before).



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- Swimmers must bring their own bag containing their towel and clothes for a quick change after the lesson.
- Individual Shower stalls are available before and after swimming.
- All clothes (including shoes) must be stored in the swimmer's bag during the lesson.
- Adults accompanying children into the swimming pool building must wear a face mask (unless exempt) and use the hand sanitiser provided.
- Parents/ Guardians are allowed to watch from poolside or the waiting/viewing area but must maintain 2m social distancing and wear a face covering.
- If parents/guardians prefer to wait outside they should be on hand to help with caps and goggles if needed.

To keep everyone safe, please cooperate!

- Swimmers enter and exit the pool on the same side as the changing room they used.
- Swim coaches will teach from the side of the pool where possible, but may enter the pool to help with nervous/young children.

24 June 2022 - MedSports ICT