

# SWIM ACADEMY

POWERED BY GUILDFORD CITY SWIMMING CLUB

## Pool Rules

1. Parents and/or Guardians must remain within the spectator area or changing village whilst their child is having lessons.
2. All swimmers must shower before their lesson. Children who arrive 15 minutes early to their lesson will be asked to wait with their Parent/Guardian until 5 minutes before. This is to prevent children waiting on poolside a long time whilst they are wet.
3. Children must wait under the colour sign associated with their stage.
4. All swimmers must enter poolside via the poolside changing village & showers. No one will be permitted onto poolside via the spectator area.  
  
5. Parents/Guardians with children in Stages 1a/b and 2a/b are allowed to walk their child to the waiting area and wait with them until their lesson starts. No outdoor footwear is allowed on poolside, please either remove your outdoor shoes or wear the blue overshoes provided.  
  
Parents/Guardians must then walk back through the showers and changing village to enter the spectator area.
6. All children must change in the changing village & not in the spectator area or on poolside before and after lessons.
7. Parents/Guardians who would like to sit with their children in the spectator area after changing are asked to ensure their child is either wrapped in towel or dressing gown. No child should be coming up the corridor in just their swim wear.



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8. We ask that children eat no more than an hour before their lesson to help prevent them being sick in the pool.
9. Children must wear appropriate swimwear for lessons, girls must not wear bikinis in the lessons. Long/short sleeved rash vests can be worn if your child is too cold during lessons.  
Goggles are highly recommended and we encourage your child to wear their swim hat for hygiene to help teachers identify their pupils.
10. Swimmers should not run on poolside.
11. Parents are asked not to disturb teachers before, during or after lessons. If you wish to speak to a teacher, please speak to a member of the team on the poolside desk.
12. No belongings are to be left in the changing rooms/cubicles unattended. They must either be locked in lockers or taken with the parent/guardian out of the changing rooms.
13. No one is allowed access to poolside from the spectator area.
14. All parents/guardians/swimmers must obey any instruction given by a lifeguard.
15. No photographs or videos are to be taken of the pool or lessons at any time.
16. No goggles will be lent out during lessons. Any lost goggles will be held onto for 2 weeks and then will be thrown away.

