



## **Nuffield Swim School Pool Rules – STAY HEALTHY AND HAPPY**

- To help us keep the water quality high, please ensure children under 3 wear Aqua Nappies and pants /costume over the top
- Please try to leave 2 hours between eating and swimming
- Please encourage children to shower and use the toilet before swimming
- Make sure long hair is tied back or wear a hat
- NO jewellery must be worn in lessons
- Please be on time to avoid any disruption to the classes and please collect your child promptly at the end
- Be aware that they may need the toilet during the lesson, so please let us know where you will be
- Please do not change your child on the poolside
- Parents must wear shoe covers if coming on to poolside
- Under 16s are not allowed in the pool unaccompanied. An Adult MUST be in the water with them. This includes before or after lessons. Non-members are not eligible to swim other than in the lesson time.
- Mobile Phones are NOT allowed on poolside or in the changing rooms
- Please make sure that siblings are kept away from the poolside. It is distracting to the teacher and swimmers and is a safety issue.