



## **Swimming Pool Rules and Regulations**

The following rules and regulations are established for the safety benefit of all users of the swimming pool facilities, and to provide an enjoyable recreational experience for all.

Patrons are requested to cooperate in observing these rules and to obey the instructions of the Aquatics staff. Patrons violating these swimming pool rules are subject to revocation of their swimming privileges without refunds.

*The Recreation Department reserves the right to refuse admittance into the swimming facility when the capacity of the pool is reached or when otherwise deemed necessary for health, welfare and safety reasons for the patrons. The Pool Manager or the designated assistants are responsible for the operation of the swimming pools. Their instruction must be followed at all times. Should a disagreement arise, patrons are advised to contact the Pool Manager.*

## **GENERAL RULES / ADMISSION POLICIES**

1. Patrons are not allowed in sports complex unless if the facility is officially open and a lifeguard is on duty. Entering upon the pool when it is not opened for public use is punishable by fines and/or imprisonment.
2. Patrons entering the pool area must pay the appropriate admission fee or present proof of a valid membership or program registration.
3. Children (10 years old and below) entering the pool must be directly supervised at poolside by an adult in swim attire.
4. Patrons with disability needs who require special accommodation to use the pool facilities shall contact the Pool Manager.
5. Lifeguards have authority to enforce all pool rules. Patrons who violate the rules may be ejected by the Manager.

## **FACILITY**

1. Food & beverages are not allowed at the pool deck. Food & beverages may be consumed only at the snack bar or designated areas. All disposals and waste papers must be deposited in designated receptacles. *Please recycle.*
2. Pets are not permitted in the sports complex. Service animals are permitted in the pool area but not in the pool itself.
3. Patrons are not allowed in the staff rooms, filter rooms, mechanical room, storage room and offices. These restricted areas are for authorized staff only
4. **NO SMOKING** is allowed anywhere in the sports complex



## LOCKER ROOMS

1. Children 6 years of age or older must change in the appropriate locker room or see the Manager for special arrangements.
2. Leave valuables at home. The sports complex is not responsible for any loss or damage of personal properties or valuables at any time. Lost & Found items are disposed of weekly.
3. NO food and beverage is allowed in the locker rooms
4. NO cameras, video cameras or any device containing camera equipment are allowed in locker rooms, bathrooms and changing facilities.
5. Use of locker room facilities is limited to patrons for the purpose of changing. *Activities such as washing clothes, coloring hair, and other personal grooming activities are prohibited.*

## ATTIRE

1. All patrons must wear swimming suits or swimming trunks. Clothing such as cut-offs, gym shorts, and underwear is not permitted as swimwear. Swimwear should not have been worn for exercising immediately prior to pool use and must be colorfast and of lightweight material suitable for swimwear, such as Lycra, Spandex, or nylon. Clean T-shirts may be worn for modesty or medical reasons.
2. Patrons must wear swim caps (if swimmer has long hair)
3. NO street shoes or clothing allowed on decks.

## BEHAVIOR

1. Patrons are prohibited from socializing with or distracting pool attendants
2. All patrons must get changed in the changing rooms
3. All patrons must shower before swim
4. Patrons are not allowed to walk on the pool deck. Exceptions are given to swimming clubs / schools / teams coaches, sports complex lifeguards and sports complex staff
5. NO glass containers or food of any kind are allowed in the pool area
6. NO loitering on the pool grounds or anywhere within the sports complex
7. NO running, boisterous or rough play, pushing, acrobatics, dunking, wrestling, splashing, yelling, diving or jumping haphazardly, snapping of towels, use of abusive or profane languages, improper conduct causing undue disturbances on or about the pool area or any acts which would endanger any patron are prohibited.
8. NO spitting, spouting water, blowing nose, urinating, or defecating in the pool
9. NO prolonged underwater swimming. Competitive and/or repetitive breath holding can be deadly and is not permitted. Hyperventilation is absolutely not permitted.
10. NO ball games are permitted in the pool area (unless part of an organized activity)
11. NO gum chewing
12. Patrons are not allowed on the bulkhead.



## **AGE RESTRICTIONS**

1. Patrons must be at least 18 years of age to use the pool facilities
2. Children under 10 years old entering the pool complex must be accompanied and cared for (at poolside) by a responsible person 14 years old or older, in bathing suit attire. Children under 6 years old need to have a responsible person in the water with them and within arms reach at all times.
3. Infants/children who are not toilet trained and adults who are incontinent, who wish to enter any pool, must wear clean diapers or disposable swim diapers covered by separate rubber/vinyl pants, all of which must fit snugly around the legs and waist. If the diaper becomes soiled, this person must leave the pool immediately, and may not return until he/she has taken or been given a soap shower and has been recovered by a new diaper with clean rubber/vinyl pants.

## **HEALTH & SAFETY POLICIES**

1. The sports complex assumes no liability for injuries or damages as a result of participation unless due to willful or gross negligence on the part of the sports complex. Due to the strenuous nature of some activities, the participant is advised to consult his/her physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant assumes.
2. Any injuries that occurred in the pool or in the sports complex must be reported to the pool management immediately.
3. Patrons **MUST** shower before each entrance into the water.
4. **NO** application of sunscreens and lotions is allowed before swimming
5. Any person having skin disease, sore or inflamed eyes, cold, nasal or ear discharge, communicable disease, or who is wearing any kind of bandage or Band-Aid will not be permitted in the pool.
6. Any adult or child who is experiencing even a mild case of diarrhea may not use the pool.

## **EQUIPMENT / TOYS**

1. Toys, balls, inner tubes, inflated boats, and rafts are not permitted in the main pools. Small toys may be allowed in the Tot Pool at the Manager's discretion.
2. Lifeguard approved and labeled personal flotation devices, such as vests designed to provide vertical support, may be worn with permission of the Pool Manager. Water wings (swimmies) may also be worn
3. Headphones must be worn when listening to musical entertainment devices.



## **RULES FOR SWIMMERS**

1. Non-swimmers must remain in shallow water (chest-deep or less).
2. NO DIVING IN WATER LESS THAN 5 METERS DEEP.

## **RULES FOR DIVERS**

1. Only one person is allowed on the diving apparatus (including ladder) at a time.
2. Divers must dive straight from the front end of the board.
3. Divers may not spring more than once on the board.
4. Upon surfacing, immediately swim to the nearest ladder. Do not swim under the boards at ANY time.
5. A diver must wait until the preceding diver has surfaced and reached the ladder.
6. No general swimming is permitted in the diving area, unless, the diving boards are closed by staff.
7. Extended dives, or dives for distance from the one or three-meter boards, toward shallow water, are prohibited.
8. Diving board users must be able to swim to the ladder unassisted.
9. Goggles, masks or flotation devices may not be worn when going off of the diving board.

I, \_\_\_\_\_, have read and agreed to the above terms and conditions.

Signature : \_\_\_\_\_

Date : \_\_\_\_\_



## WAIVER OF LIABILITY AND ASSUMPTION OF RISK FORM

### Assumption of Risks:

1. In consideration of being permitted by Hamdan Sports Complex to conduct Training ("Training" includes coaching of swimming, diving, synchronized swimming, water polo and all swimming pool related activities, and gym) at its swimming pool(s) and gym, I, the representative of the Client (herein referred to as the "Client"), recognize and understand that it involves certain risks. I understand that aquatic sports are inherently dangerous and carries with it risks of potential bodily injury, permanent disability, paralysis and death, and property damage or loss.

In view of this, I hereby confirm that the coaches and trainers employed are certified, and I agree to have a certified first-aider on standby at all times during the Training.

## RELEASE OF LIABILITY, WAIVER OF CLAIMS & INDEMNITY AGREEMENT

1. **To waive any or all claims** that the Client and its Students have or may in the future have against Hamdan Sports Complex, its directors, officers, employees, agents and representatives (all of whom are hereinafter referred to as "the Releasees")
2. **Release The Releasees** from any and all liability for any loss, damage, injury or expense that the Client and its Students may suffer as a result of their participation in the Training at the Swimming Pools due to any cause whatsoever.
3. **To hold harmless and indemnify the Releasees** from any and all liability from any damage to property of, or injury to, any third party, resulting from participation at the Swimming Pool.

I have read and understood this agreement, and I am aware that by signing this agreement I am waiving certain legal rights which the Client and its Students may have against the Releasees.

Client Signature : \_\_\_\_\_  
Client Name : \_\_\_\_\_  
Designation : \_\_\_\_\_  
Company Name : \_\_\_\_\_  
Contact Number : \_\_\_\_\_  
Date Signed : \_\_\_\_\_  
Company Stamp : \_\_\_\_\_