

# Hamdan bin Mohammed bin Rashid Sports Complex

---

## Swimming Pool Rules and Regulations

The following rules and regulations have been established for the benefit of all users of the swimming facilities to assure the safe operation of the pool facilities and to provide enjoyable recreation for all. Patrons are requested to cooperate in observing these rules and to obey the instructions of the Aquatics staff. Patrons violating swimming rules are subject to the revocation of their swimming privileges. No refunds will be given

*The Recreation Department reserves the right to refuse admittance into any swimming facility when the capacity of the pool has been reached or when otherwise deemed necessary for the health, welfare or safety of the patrons. The Pool Manager or their designated assistants are responsible for the operation of the 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. No one will be allowed in the swimming area unless the pool is officially open and a lifeguard is on duty. Entering upon the pool when it is not open for public use is punishable by fines and/or imprisonment.
2. All persons entering the pool area must pay the appropriate admission fee or present proof of a valid membership or program registration.
3. Children (10 years of age) entering the pool must be directly supervised at poolside by an adult in swim attire.
4. If a patron with a disability needs special accommodations to use the pool complex, please contact the Pool Manager.
5. Lifeguards have authority to enforce all pool rules. Patrons who repeatedly violate the rules may be ejected by the Manager.

### FACILITY

1. Food or refreshments may be consumed only at the snack bar or other designated areas. All refuse and waste papers must be deposited in designated receptacles. *Please recycle.*
2. Pets are not permitted in the pool complex. Service animals are permitted in the pool area but not in the pool itself.
3. Employees are the only persons allowed in the staff rooms, filter room, mechanical room, storage room and offices.
4. Food and drinks are not permitted on the pool decks.
5. Smoking is not permitted anywhere in the facilities.

# Hamdan bin Mohammed bin Rashid 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 Venue is not responsible for personal property or valuables at any time. Lost & Found will be disposed of weekly. Mini lockers are available at the pools
3. Food is NOT permitted in locker rooms.
4. The use of cameras, video cameras or any device containing camera equipment of any kind is prohibited in all 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 not permitted.*

## ATTIRE

1. All patrons within the pool area must be attired in swimming apparel. No street shoes or clothing allowed on decks. The swimming pool and decks must be maintained in a sanitary manner for the protection of bathers.
2. Pool users must wear swimming suits or swimming trunks upon entry into the pool. 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.
3. Swimming Pool participants are required to wear swim caps (if the swimmer has the long hair)
4. Prams and buggies are not permitted in the gym or pool area

## BEHAVIOR

1. Socializing with or distracting the pool staff is prohibited.
2. Get changed in the changing rooms
3. In the interest of hygiene all swimmers must shower before swim
4. No one will be allowed to walk on the pool deck except swimming club / 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 person within the pool grounds shall behave in such a manner as to jeopardize the safety and health of him/her and others. Such behavior, including abusive or profane language, shall be ground for expulsion.
7. Loitering will not be permitted on the pool grounds or within any of its facilities.
8. Running, boisterous or rough play, pushing, acrobatics, dunking, wrestling, splashing, yelling, diving or jumping haphazardly, snapping of towels, improper conduct causing undue disturbances on or about the pool area or any acts which would endanger any patron are prohibited.
9. Spitting, spouting water, blowing nose, urinating, or defecating in the pool is prohibited.
10. No prolonged underwater swimming for time and or distance. Competitive and/or repetitive breath holding can be deadly and is not permitted. Hyperventilation is absolutely not permitted.
11. Ball games are not permitted in the pool area (unless part of an organized activity)



# Hamdan bin Mohammed bin Rashid Sports Complex

---

12. Gum chewing is not permitted anywhere in the pool complex for health and safety reasons.
13. Swimming under the bulkhead is prohibited. Patrons are not allowed on the bulkhead.

## AGE RESTRICTIONS

1. Infants/children who are not toilet trained and adults who are incontinent, who wish to enter any pool, must wear a clean diaper or disposable swim diaper 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.
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.

## HEALTH / SAFETY POLICIES

1. The County assumes no liability for injuries or damages arising from the results of participation unless due to willful or gross negligence on the part of the County. 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 injury occurring in the pool must be reported to the pool management immediately.
3. All patrons SHOULD shower before each entrance into the water.
4. Lotions, sunscreens, .... Are not allowed
5. Any person having a 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.



# Hamdan bin Mohammed bin Rashid Sports Complex

---

## 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.

## PRACTICE HEALTHY SWIMMING HABITS

For public health reasons, standard diapers cannot be worn in the pool. Children who are not yet toilet trained must wear snug fitting plastic pants. A bathing suit must be worn over the plastic pants. Under Health Department standards.

1. Children (and adults) who have had diarrhea in the last two weeks shouldn't go swimming.
2. Use the bathroom before getting into the pool. Take frequent bathroom breaks and check diapers often.
3. Shower before entering the pool and after using the toilet.
4. Change diapers in the bathroom (not the pool area).
5. Avoid swallowing pool water or even getting it in your mouth.



# Hamdan bin Mohammed bin Rashid Sports Complex

---

I, \_\_\_\_\_, have read and agreed to the following Terms and Conditions.

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

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

I, \_\_\_\_\_, the understanding acknowledge that I have full responsibility of the safety and health of my athletes while using any of the Hamdan Sports Complex swimming pools and I agree to this Release of all claims, Waiver of Liability and Assumption of Risk.

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

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

Hamdan Sports Complex

Dubai, UAE

P. O. Box 66677



مجمع حمدان بن محمد بن راشد الرياضي  
HAMDAN BIN MOHAMMED BIN RASHID SPORTS COMPLEX