

# POOL RULES

- Obey lifegaurds at all times
- Swimming hats must be worn at all times
- No Running
- No Diving
- No Bombing / Jumping
- No Horseplay
- No Petting
- No Ducking
- Children under 8 must be accompanied in the water by an adult
- Swim Diapers to be worn by toddlers and young children
- Proper Swimwear must be worn
- No outdoor footwear in the pool area
- No food, drink or glass bottles in the changing area, gallery or pool area
- Adults must remain in the centre with Children 10 years and under
- Strictly over 18s in the Sauna and Steam room

