

Help us to help you enjoy your swim by following these rules;

- ✔ Please pick a lane that is of a similar speed to you.
- ✔ Please don't be offended if the lifeguards ask you to change lanes.
- ✔ Please swim in the direction specified.
- ✔ Please swim next to the ropes and leave the centre of the lane clear for overtaking.
- ✔ Always let faster swimmers pass when appropriate and allow them to set off first.
- ✔ Always allow space between swimmers.
- ✔ When overtaking please be considerate: leave plenty of space, overtake in the centre of the lane and then pull back in next to the rope.
- ✔ When resting at the end of the pool, please move to the side to allow swimmers to continue.
- ✔ Fins and hard plastic paddles are not permitted when there are other swimmers in the lane.
- ✔ Bottled water is ok, but no glass bottles or sugary drinks.
- ✔ If something can be done to improve your experience, please speak to a lifeguard.

thank you.