

## GREENBANK SWIMMING POOL

### REGULATIONS

#### **ADMISSION**

Admission is by payment at the ticket office or by season ticket.

Season ticket holders must bring their card on each occasion or admission will be refused; season tickets are not transferable.

Re - admittance is not permitted on any ticket bought.

Pass - out tickets are not permitted.

The committee, manager and assistant manager reserve the right to refuse admission and to vary the times of opening and closing.

#### **CONDUCT**

It is the duty of the manager and staff to preserve order and enforce compliance with all the rules, regulations and policies of the pool.

The pool has a disciplinary procedure and patrons who break the rules or regulations will be subject to the disciplinary procedure and possible revocation of their swimming privileges, asked to leave the premises, be given a banned period. No refunds will be given.

The pool committee reserve the right to withdraw and cancel a season ticket card without reimbursement in the event that the card holder's behaviour is found to be in breach of pool rules, regulations or policies.

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Please read the rules of the pool and obey any safety advice given by the lifeguard.

#### **EMERGENCIES**

Parents / adults must inform unaccompanied children to contact a member of staff for help and be given a contact telephone number.

#### **FIRST AID**

Contact a member of staff or go to the main entrance office FOR HELP.

#### **WHEN THE POOL IS FULL**

During hot weather the pool gets very busy and we need your understanding and co-operation in order to ensure Greenbank stays safe for you.

- During these busy periods the conditions is continually assessed every 15 minutes. Controls on admittance may be introduced at short notice but not until 12 noon.
- Before setting off but after 11 am phone and will update you if or when any controls are due to start.

## **THE CONTROL ON ADMISSION POLICY**

- Once the number of people entering for the day has reached maximum capacity then further admittance will ONLY be allowed if there is someone else leaving.
- If the water becomes too crowded further admittance will be stopped.
- Only at 3 pm will the situation be reassessed and normal entry will recommence only if the situation has eased.
- Instructions asking you to leave the water may be introduced.  
Please obey these instructions; it is for your own safety to ensure numbers in the water stays at safe limits.

## **GENERAL SITE & ADMISSION RULES**

For the safety comfort and enjoyment of all pool patrons:

No smoking, vaping or using E-cigarettes. All prohibited on the premises.

No glass containers.

No amplified music.

No ball games anywhere on the premises; this includes beach balls and smaller balls in or out of the pool.

No Frisbees or similar throwing objects within the grounds.

No skate boards, scooters or bicycles.

Bicycle racks are available within the car park, but please bring a lock!

No roller skates, roller boots or similar foot ware to be used on the premises.

No water pistols in or out of the pool.

No dogs, except guide dogs or disabled trained dogs.

No running around the concrete surrounds.

Any person with diabetes, epilepsy, angina or any other health disorder must be accompanied and supervised by another adult while on the premises.

Persons under the influence of alcohol or drugs shall not be allowed admission.

Schools, clubs or any other similar large parties must be accompanied and supervised by a sufficient number of authorized adults.

Children under the age of seven years are allowed to enter the changing room of the opposite sex if accompanied by an adult and then are advised to undress and dress in the cubicles provided. Do not leave valuables in the changing rooms.

## **POOL RULES**

No acrobatics.

No ducking

No throwing objects

No splashing

No pushing in

No petting

No bombing

No running or indiscriminate jumping into the pool, standing jumps ONLY.

No running dives, no back dives, no indiscriminate dives. Standing dives only.

No climbing or sitting on the wall between the pools.

No large inflatables, these include rubber rings, lilos & noodles / woggles.

No dolphin / mermaid fins.

### **SMALL INFLATABLES / PLAY & SWIM EQUIPMENT IN THE POOL**

Small inflatables, floats, snorkels, flippers, facemasks, and hand paddles increase the risk of injuries and contribute to children getting out of their depth.

An environment where high-spirited robust play occurs increases the risk of collisions and fatigue.

The equipment itself may block visibility of the pool bottom or a submerged casualty.

For everybody's safety the lifeguards will control the times play equipment can be used and remove it from use in the pool during busy periods.

### **THE CHILDREN'S SLIDE**

- For under eights only.
- Adults / parents must supervise children using the slide, especially when climbing the steps.
- Slide rules are displayed.
- To help avoid injuries, all rules must be obeyed.

### **RULES OF THE WET PLAY AREA**

- This area is not supervised constantly by pool staff.
- All children must be kept under close adult supervision.
- No throwing water, no water pistols.
- The slide is not recommended for children under 5 years.
- Slide rules are displayed.
- To help avoid injuries, all rules must be obeyed.

## **SMOKE FREE POLICY**

**PURPOSE:** This policy has been developed to protect all employees, customers (including pool hirers), children or season ticket holders and visitors from exposure to second-hand smoke and to assist compliance with the Health Act 2006. Exposure to second-hand smoke increases the risk of lung cancer, heart disease and other serious illnesses. Ventilation or separating smokers and non-smokers within the same airspace does not completely stop potentially dangerous exposure.

**POLICY:** It is the policy of Greenbank Pool that all our premises, this includes the swimming pool car park, are smoke free. Smoking, Vaping and E-cigarettes is prohibited on or within the premises.

The policy applies to all employees, pool customers and visitors including pool hirers, who all have a right to enjoy a smoke free environment.

**NON-COMPLIANCE:** The hirer has the responsibility to inform their group that this is a smoke free premises.

If someone in the group fails to comply with the smoke free policy, then they will be asked to leave the premises.

## CHILD SAFETY & SUPERVISION POLICY

All children under eight and children 8 to 15 years who are weak or non-swimmers must be accompanied while on the premises and kept under close supervision by an adult 18 years or above. It is recommended 1 adult supervise 2 children within these criteria.

### CHILDREN'S POOL

Children with or without swim aids who cannot stand in the deepest part of the pool and remain in their depth must be accompanied in the pool with an adult.

At the discretion of the lifeguard a child may be asked to undertake a Height Depth Test to verify if they can or cannot be in the children's pool unaccompanied.

### MAIN POOL

Children under eight and non or weak swimmers:

Must be accompanied in the water by an adult. Are not permitted in the deep end of the pool.

At the discretion of the lifeguard a weak swimmer may be asked to undertake a Swimming Ability Test to verify their ability, (2 lengths / 60 m nonstop using front crawl, breaststroke or both with reasonable techniques, not doggie paddle).

### WATER SAFETY

Swimmers will be instructed to use the area of the pool they are safe in.

Pool Patrons must obey any safety advice given by lifeguards and staff.

### GENERAL SUPERVISION

Parents / adults must not leave children playing unsupervised, believing the lifeguard is responsible and that the child is reasonably competent & confident.

Unattended children are particularly at risk and must be watched carefully, they could get disoriented and enter into water out of their depth.

Parents / adults must not leave older children to supervise younger brothers and sisters in the water. Older children frequently forget their responsibilities as they enjoy their own activities.

**Warning:** children can struggle when surrounded by other pool users and can be held under the water with or without safe swim aids.

**Warning:** there is a gradual increase in the depth of water to the children's pool; children are at risk of going out of their depth and drowning

**Warning:** Children and adults can get tired swimming in deep water or unable to cope within an area where diving and jumping activities is permitted by competent stronger swimmers. Children may panic and grab onto the adult, both adult and child may then suddenly be in difficulty and at risk of drowning because of being out of their depth.

Although the pool operators have overall responsibility for safety, parents must also consider their responsibilities and must be alert to the hazard posed by unaccompanied or unsupervised children anywhere on the premises.

Children must be kept under constant supervision and insight at all times. Make yourself aware of the pool layout, depth markings, no diving areas, pool rules and other safety signs, and then ensure the children are given the necessary water safety advice by you and let them have a contact telephone number.

### **JUMPING INTO THE POOL**

Caution: always take care when jumping into the pool. To avoid injuries to yourself and others look before you leap, check your entry is clear, especially from under water swimmers. Check the depth of water so you are aware of when you will land on your feet and remember to bend your knees. Do not run and jump into the pool, standing jumps ONLY.

### **DIVING INTO THE POOL**

Diving from the poolside is a complex skill that is influenced by many factors such as body weight, leg thrust, and angle of entry, disposition of the arms and legs and subsequent underwater actions. Avoid injuries to yourself and others look before you leap, check your entry is clear, especially from under water swimmers.

Dive only into areas of the pool where diving is permitted.

From a standing position dive flat and shallow with hands above the head

Running dives, back dives and indiscriminate dives are not permitted.

Parents / adults who are strong swimmers themselves and wish to teach young children to dive, are permitted to use the area between the depth marker 6 Ft – 1.8 M and the railings, towards the shallow end only.

### **NO DIVING AREAS**

Diving from the poolside into the children's semi-circular pool is not permitted.

Diving from the poolside into the main pool is not permitted from the shallow end at 3 ft 9 ins (1.143 m) up to the 1.5 M depth sign.

### **SWIMMING ETIQUETTE**

The Greenbank Pool is a leisure / fun pool to the majority of pool users and therefore will not allocate a lane for dedicated speed swimmers to use during normal pool hours. This type of swimming activity can cause arguments between pool users and could cause collisions resulting in injuries.

Therefore, complaints made to the management about a person swimming carelessly or aggressively may result in disciplinary action taken against them.

#### Guidance:

Use the most suitable area of the pool for your swim, take into consideration your speed and stroke. Be aware of your pace and judge your ability to avoid collisions with other swimmers.

Use caution when overtaking other swimmers, do not harass or try to swim over a swimmer.

When the pool is busy use extra care to avoid collisions

Respect other swimmers' personal space, use common sense and courtesy.

### **BOISTEROUS OR ROUGH PLAY**

Wrestling, diving or jumping without care and caution, improper conduct causing undue disturbances or distraction of the lifeguards in or about the pool area or any acts which would endanger any patron are prohibited.

### **UNDERWATER SWIMMING**

Prolonged underwater swimming for time or distance and competitive or repetitive breath holding can be deadly and is not permitted.  
Hyperventilation is absolutely not permitted.

### **SAFE SWIM AIDS**

Those that are Kite Marked or carry a BS EN number, remember even when children use safe swim aids, they still require close adult supervision.

### **ARMBANDS**

Children must be kept under close supervision even when wearing armbands. Not all armbands are as safe as those manufactured to approved standards. Ensure they are fully inflated, correctly positioned on the arms. Do not allow children to place them on their legs. Armbands can slip off the arms when jumping into the pool. We advise customers only to use armbands that are kite marked or carry a BS EN number, which are sold from the pool shop.

### **RUBBER RINGS**

Can only be used during quite periods and only then if an adult is in the water supervising the child at arm's length.

Warning: all rubber rings can be dangerous. Children can slip through the ring and can be trapped upside down from over balancing in them.

During busy periods lifeguards will remove them from the pools.

Rubber rings over 20 inches in diameter are not permitted.

### **SEATED CHILD RUBBER RINGS**

They can be used for very young children at all times but only if an adult is in the water supervising the child at arm's length.

Warning: they can be blown off the water by a strong gust of wind.

### **PERSONAL JEWELRY AND SPECTACLES**

Large or sharp items of jewelry, spectacles and sunglasses should not be worn while swimming. You are warned that you may injure yourself or someone else and that if such items are worn then you not the management and staff accept responsibility for injuries caused. Persons supervising young children in the children's pool should remain standing upright while wearing spectacles or sunglasses.

### **MOBILE PHONES, VIDEOING & PHOTOGRAPHY EQUIPMENT**

These generally are permitted, but because of child protection purposes, if a complaint is made by a parent, adult or carer because they are worried their child or children may be captured in the background of the video or photograph, then the person videoing or photographing will be stopped and then must provide proof of their name and address.

The use of mobile phones, videoing, and photography equipment are prohibited within the any changing room.

## **TENTS / SHELTERS AND WIND BREAKS**

Can only be erected within the outer grass areas. They are not permitted on the two grass banks overlooking the children's pool, due to safety reasons, they obstruct an adult's vision and supervision of children using the children's pool.

## **THE POOL COVERS**

To avoid accidents the pool covers must be completely removed before using the pool.

Stay off the top of the cover when in position.

Keep clear when it is being installed on the pool and then stay away from the pool.

## **FOOD AND DRINK**

It is strongly advised that activities in the water take place before food and drink are consumed. Food and drink increase the risk of stitch and cramps in the body and thus increases the risk of drowning. After meals wait at least an hour and even longer if have eaten a large amount.

Do not eat sweets or chew chewing gum while swimming because of the risk of choking. You are welcome to bring your own food and drink.

## **HEALTH**

Any person with diabetes, epilepsy, angina or any other similar health disorder must be accompanied and supervised by another adult while on the premises.

If unaccompanied and you give permission, you can inform a lifeguard and details can be put on Register while you attend the pool.

### Sunburn Can Double Your Risk of Skin Cancer

Stay in the shade between 11 am and 3 pm.

Wear a T shirt, a wide brimmed hat and wraparound sunglasses.

Take extra care of children; keep babies out of the sun around midday.

Use factor 15 + sunscreen, apply before you go outside and reapply often.

Report mole changes or unusual skin growths promptly to your doctor.

## **COSTUMES**

Suitable, clean and sufficient costumes must be worn at all times, in or out of the water by all patrons, especially young children because of child protection reasons. Topless sunbathing is not permitted. Young children in nappies must wear special baby costumes, (swim nappies). Cut-off jeans are not allowed to be worn in the water; shorts used as swimming trunks must not cover the knees for safety reasons.

## **BREASTFEEDING**

Nursing mothers are permitted to breastfeed their babies within any area of the premises but because of Health & Safety reasons we advise not to breastfeed in the actual pool.

There is a risk babies will swallow pool water and could choke on small bits of debris such as grass or flies.

## **HYGIENE AND CLEANLINESS**

All bathers should shower before entering the water. All bathers should use the lavatories and shower before entering the water. Very young children and babies must use special swimming nappies, not ordinary nappies.

Nobody is permitted to swim if they are or have been ill with diarrhoea or any other similar gastric type problems. Wait at least 14 days after the symptoms have gone before swimming again.

Any person who has any form of infectious skin infection, illness or disease should not enter the water unless by permission of a doctor, written proof from the doctor must be produced, if asked to do so by the manager / assistant, who reserve the right to refuse admission to either the water or premises in the interest of hygiene or public health.

## **CRYPTOSPORIDIUM**

- To help prevent this food and waterborne disease:
- Take children to the toilet before they swim and wash their hands
- Shower naked for five minutes using soap particularly in the area around the bottom before entering the pool
- Ensure young children in tight fitting togs not nappies, to prevent faecal matter from entering the pool. wash your hands after changing the baby
- Report faecal accidents (poo in the pool) to the pool lifeguard immediately
- Avoid swallowing pool water

### When not to swim

- Children under the age of six months may find the temperatures and chemicals unwelcome because of their sensitive skin.
- If you have any open wounds, severe eczema, ring worm or any infectious skin complaint.
- If you have a cold, flu and other infectious illnesses including diarrhoea within the previous two weeks.
- If you have head lice, athletes' foot or verruca's.
- If under the influence of alcohol or drugs.
- People whose illness or treatment makes them susceptible to infection or affected badly by it, should take medical advice before swimming.

## **COMPLAINTS**

Please speak to the duty manager first and then if you are still unhappy put your complaint in writing to:

**The Pool Secretary / Development Officer**  
**Greenbank Swimming Pool**  
**Wilfrid Road**  
**Street**  
**Somerset**  
**BA16 OEU**