

# Swim Guide



## Pool Rules

We accept no responsibility for lost or stolen belongings.

Please be familiar with the Centre's pool rules: running, diving, bombing, spitting, pushing, dunking and ball games are not permitted.

Always shower before entering the pools and spas.

Check depth of pool before entering as the pool depth may change throughout the day. Non swimmers do not go in over your depth.

Stay clear of deep water unless you are a confident swimmer.

Observe the pool rules at all times and obey the instructions given to you by the pool attendants.



## Keep Watch

Pool attendants are not babysitters.

You are responsible for your child at all times, be prepared to get wet.

Children will not be allowed entry unless active supervision of a parent/guardian 16 years or over.




For children under the age of 10 years and non-swimmers give them your full attention, stay close to them (within arms' reach) and watch them continuously.

For accompanied children aged 10 – 14 years physically check up on them on a regular basis.







## Healthy Swimming

Steps to healthy swimming recommended by NSW Department of Health –

-  Don't swim if you have had diarrhoea in the past 2 weeks
-  Don't swallow pool water
-  Do shower and wash thoroughly with soap before entering the pool

Children who are not toilet trained are most likely to spread germs in the pool. To avoid accidents and pool closures please make sure of the following –

-  Go to the toilet before entering the pool.
-  Wear tight fitting swimming pants and also water proof aqua nappies at all times.
-  Change nappies regularly, not beside the pool but in the change rooms.
-  After changing the nappy, throw out the waste and wash your hands thoroughly with soap.

**Swimming costumes for infants and waterproof aqua nappies are available at the Speedo Swim Shop**

# Swimwear Policy

## Approved Swimwear

In the interest of public health and safety the following is allowed:

- Only recognised swimwear made from lycra and nylon must be worn at all times in the water, steam room and sauna area.
- Only recognised waterproof aqua nappies plus swimming costume for infants are to be worn in the water.

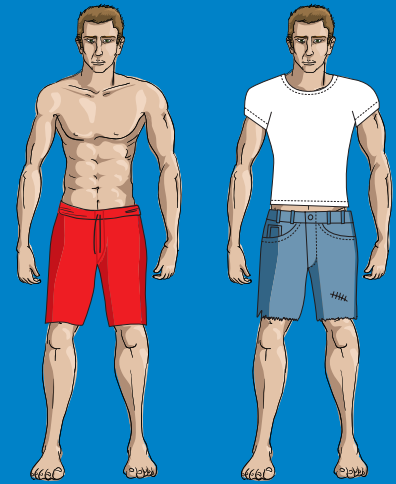
Rash vests are available free of charge on loan at the Pool Duty Room upon the production of identification.

## Unacceptable Swimwear

If you do not wear the appropriate swimwear you will be asked to leave the water.

Inappropriate swimwear includes and is not limited to:

- Denim
- Cotton
- Bike Pants
- Leotards
- Female Underwear
- Boxer Shorts
- Sporting Wear



## Conditions of Entry

1. Sydney Olympic Park Aquatic Centre entire facility (including outdoor areas) is a non-smoking venue.
2. Please observe pool rules at all times, including showering before entering the pools and spas.
3. Any patrons under the influence of alcohol or drugs will not be permitted into the Centre.
4. Sydney Olympic Park Aquatic Centre is a licensed venue.
5. Anyone attempting to gain entry without paying or without authorisation will be prosecuted. No passouts will be issued.
6. Patrons are not permitted to bring glass objects, or alcohol into the Centre. Patron's bags may be searched.
7. Abusive, disruptive or offensive behaviour and language are not permitted. Offenders will be removed from the Centre.
8. Children under the age of 10 years, must be closely supervised (within arms reach) by an adult (16 years and over). Children 3 years and under free, with a paying swimming adult.
9. Articles of clothing such as street wear, underwear, cut-off jeans, t-shirts, bike-pants, leotards, casual wear and sporting wear are strictly prohibited. Only recognised swimwear, made from lycra and nylon is to be worn in the water, steam room and sauna area. Only recognised waterproof nappies are to be worn in the water for infants.
10. Standing and storage of belongings on seats is not permitted.
11. Sydney Olympic Park Aquatic Centre caters for all food and beverage requirements. Commercial fast foods are not permitted.
12. No pets or animals permitted in the Centre, with the exception of Guide Dogs.
13. Sydney Olympic Park Aquatic Centre Staff, only permitted to conduct tours of the Centre.
14. Sydney Olympic Park Aquatic Centre Staff only are permitted to conduct learn to swim, private swimming lessons and squad coaching sessions.
15. Cameras and mobile phone cameras are not permitted in changerooms.
16. Sydney Olympic Park Aquatic Centre accepts no responsibility for lost or stolen belongings. Patrons are advised not to bring phones, cameras or wallets to the Centre. Lockers are made available throughout the venue on level one.

**Management reserves the right to refuse entry. Refusal to comply with these Conditions of Entry may result in removal from the Centre.**