

SWIMMING POOLS RULES

1 Guest

- Members and their spouses may invite not more than 4 guests at one time. No same guest, whether invited by one member or several members, shall not be allowed to use the Swimming Pool more than 4 times in a calendar month.
- No guests are allowed before 9:00am.

2 Dress code

- Only swimming costume is allowed in the swimming pool area. Swimming caps must be used within the main pool and mid-pool. Clean rubber slippers and water-sports shoes are allowed in the swimming pool area but must be left in the designated area when going into the water.

3 Age limitation

- No children may enter the main pool between 6:30am to 8:30am from Mondays to Saturdays.
- The toddler's pool is strictly reserved for children under the age of 8 in the care of adults.

4 Coaching

- Coaching is available except on Saturdays after 1:00pm, Sundays, and Public Holidays.
- Coaching is not allowed before 9:00am in the main pool.
- Only coaches assigned by the Club shall conduct coaching lessons in the Club.
- Coaching is only available to members and dependent members.

5 Others

- No swimming is allowed outside the opening hours of the swimming pools.
- Swimmers must take a showers and use the foot bath before entering the pools
- Domestic helpers are not allowed within the pool area.
- Masks, flippers and other diving equipment are not allowed in all the pools although floating aids are allowed in the toddler's pool and the mid-pool. Food, drinks and smoking are prohibited; no bottles or glasses are allowed within the pool areas. Spectacles are not allowed with the exception of swimming goggles.
- Water guns are not allowed in all the pools. Swim training accessories are only allowed to be used in Lanes No. 4 and 5 of the main pool and in the mid pool (swimming team training sessions are excepted).
- Diving is only allowed at the deep end of lanes 4 and 5 of the main pool on condition that it is safe for diving and no one is swimming in that area. Except this designated area, no diving is allowed at any part of the pools.

- Throwing articles or objects into swimming pools is strictly prohibited.
- Spitting, pushing or chasing are prohibited in or around the pools.
- Persons with contagious skin ailments or suffering from enteritis or eye diseases or incontinence of the bladder or bowels are not allowed to use the pools.
- Bathers using sun tan oils must wash themselves thoroughly with soap and water before entering the pools.
- The Club is not responsible or liable for any loss of life, property, accident or injury suffered in or around the pools.
- The Swimming Sub-committee reserves the right to close or partly close the swimming pools for Club functions and activities at any time.