

Filey Swimming Club

Teaching Groups Health, Hygiene and Safety Rules

No entry onto the poolside unless told to do so by a teacher

No entry into the water unless told to do so by a teacher

Pushing in/ ducking under or spitting water at other swimmers will not be tolerated and will lead to being sent out of that lesson to get changed

No jumping into the water or **diving** unless told to do so by a teacher

No running on the poolside or in the changing rooms

Long hair must be tied back or a cap worn

No jewellery should be worn at any time

Do not mess around under water when you should be listening to the next instruction or waiting for other swimmers to finish

Disciplinary action will be taken against anyone found **messing around in the changing rooms** with other swimmers belongings

Inhalers should be brought onto the poolside and left with your teacher