



USER'S SAFETY CODE

Spot the dangers

1. Take care, swimming pools can be hazardous. Water presents a risk of drowning and injuries can occur from hitting the hard surrounds or from misuse of the equipment.
2. Make sure you know how deep the water is (shallow end; 1m deep end; 2.5m).

Always swim within your ability

1. Never swim after a heavy meal or after alcohol.
2. Avoid holding your breath and swimming long distances under water.
3. Be careful if you have a medical condition that may affect your swimming.
4. Follow advice from provided for the safety of yourself and others.
5. Avoid unruly behaviour such as screaming (which could distract attention from an emergency).
6. ALWAYS do as the lifeguards say and remember that a moment of foolish behaviour can cost a life.

Look out for yourself and other swimmers

1. It is safer to swim with a companion.
2. Keep an eye open for others, particularly younger children and non-swimmers.

Learn how to help

1. If you see someone in difficulty, call for help immediately.
2. In an emergency, keep calm and do exactly as you are told.

PLEASE CO-OPERATE WITH THE ABOVE CONDITIONS AND ENJOY YOUR VISIT

Thank You