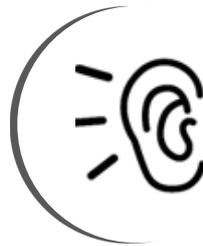


SCHOOL SWIMMING RULES AND INFORMATION



No running:

- In the corridors
- In the changing rooms
- On poolside



Listen to:

- your teacher
- The swimming instructor
- The lifeguards



Put clothes and belongings in a locker.

This costs £1 and is returned after use



Shower before getting into the pool



Long hair is to be tied back



No jewellery:

- No necklaces
- No bracelets
- No rings
- No earrings
(if earrings cannot be removed they must be covered using adhesive plasters and a swim hat)



If you wish to swim with goggles you must bring your own