

Bracknell Leisure Centre

Pools Health & Safety



Your safety and well being throughout the centre is our priority. Nowhere is this more important than in the pools and for this reason we ask that you abide by the following simple safety and hygiene rules:

All pools are staffed by trained and qualified lifeguards. Please make yourself aware of the lifeguard locations and **follow their instructions at all times.**

Health & Hygiene

- **Diarrhoea can spread illness** so please do not use the pool if you or your child has suffered from diarrhoea in the last two weeks.
- Take a shower & use the toilet before entering the water.
- Babies should wear leak-proof swim nappies (available to purchase at reception).
- Never swim just after a heavy meal or if you have had alcohol.
- Don't swim if you have any open wounds
- No outdoor footwear or glasswear on poolside.
- Please wear suitable swimwear. Cut-off jeans are not permitted

Water Depth

- Depth signs are located around all the pools so please make sure you know how deep the water is in each pool:
- Learner pool: up to 0.75m deep
- Training pool: 1m – 1.5m deep
- Competition pool: 1.25m – 3m deep. Please note this pool is for competent swimmers only.
- **NO** diving in water under 1.5 metres.

Supervision of Young People

- Children under 8 years of age must be accompanied in the water by an adult of 18 years or older.
- A maximum of 2 children per adult is permitted.
- Constant control should be maintained at all times
- **Always swim within your ability.** Young, weak or non swimmers should wear buoyancy aids and must be supervised at all times when in and around the pool.

Medical conditions

- Be especially careful if you have a medical condition such as epilepsy, asthma, diabetes or heart problems.
- Report these to a lifeguard before entering the pool. For added safety swim with a companion.

Avoid unruly and antisocial behaviour

- This can be dangerous. For example no running on poolside, no ducking or acrobatics in the water, no screaming, shouting or swearing, which could distract attention from an emergency.

First Aid

- Report any accidents or injuries to the nearest lifeguard immediately.

Acting responsibly

- It is your responsibility to observe the above points. If you do not consider their importance you may be placing yourself or others at risk.

General Information

- Please abide by the pool rules signs which are displayed on the walls around the pools and follow lifeguard instructions at all times.
- Snorkels and masks are not permitted in the pools.
- Special pool events are occasionally held resulting in the pool closing to the public. Check with reception, centre notices or on the website.
- We offer large spacious changing facilities with disabled and family cubicles, hair driers, baby changing facilities and lockers to secure your belongings while you enjoy your swim.
- £1 required for lockers (refundable)
- Access hoists are available on request allowing easy access to the pools



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