

Swim Safely Admission Rules

- Under 8's must be accompanied by a competent adult swimmer (over 16 years old and able to swim at least 25 metres)
- No more than two under 8s to each competent adult swimmer
- The competent adult swimmer must actively supervise under 8's
- Weak swimmers, under 8's (unless overt competency is demonstrated to the lifeguard on duty), and all non-swimmers must remain in shallow water and are not permitted past the relevant mark on poolside situated at a depth of 1 metres. This includes anyone wearing armbands or using other swimming aids, as well as adults who are weak or non-swimmers
- It is strongly recommended that under 8's and all non-swimmers wear armbands and / or another appropriate type of buoyancy aid
- Leisure Pool Seven Towers Leisure Pool
 - If you are less than 1.2m and over 4 years of age you can go down the green slide if accompanied by an adult.
 - You must be 1.2m in height to go down both slides.
 - All children under 8 years of age must be accompanied into the water by a responsible person of at least 16 years of age on a one to one basis. If not using slides Minor Pool Rules apply.

General Pool Rules

- Physical contact between pool users is to be discouraged
- No pushing, sitting on shoulders, fighting or petting is permitted
- No running anywhere around poolside
- No bombing; no back diving; no standing or jumping onto the mats / floats, or through hoops
- No face masks / snorkels / beach balls (unless in a designated and supervised session).
- Swimming costumes. Variations in standard acceptable swimwear can be made within reason to accommodate religious preference and medical conditions. The duty manager will decide on what is reasonable.
- The use of hand paddles and training fins designed for use in a swimming environment and for the purpose of improving fitness or technique are permitted in a coached session, or in an Adult Swimming session where the user is in a dedicated lane or is sharing a lane with swimmers of a similar ability. The use of sub-aqua fins is not recommended unless dedicated sole lane use is available