

## RULES FOR USING THE SWIMMING POOL

13

1. The user the pool must be a member and valid Identity Card Holder (separate Identity card for swimmers and swimmers & Gymn users)
2. He/she is to produce the identity Card before entry into the Swimming Pool arena.
3. The passes and identity cards are not transable.
4. The users shall sign the register before and after the use of the pool.
5. Users of the swimming pool will have to produce a Medical Certificate and Swimming Certificate as prescribed about his/her being free from any skin diseases, any contagious disease and the certificate shall also contain a clear mention as to the state of physical fitness of the user. It is noticed that anybody has flouted this requirement strict action will be taken against him/her.
6. The user have to take permission of the Coach/Trainer/Life Guard before making entry into the Pool.
7. Though coaching facilities will be available, the users of the swimming pool will enter the water entirely at their own risk and responsibility.
8. Beginners will be allowed to enter the Swimming Pool only in the presence of a coach and life guard, if duly permitted by the Management.
9. Users shall leave the Pool atleast 15 minutes before the time slot allotted to them.
10. The users shall put appropriate costume meant for the swimming.
11. Every member must take shower and use the footbath before entering the Swimming Pool.
12. The users have to wash their feet in footbath ear-marked in front of the Changing Room.
13. Spitting of any kind is strictly prohibited.
14. Use of oil and massage lubricants on the body prior to use of the pool is restricted.
15. Urinating or spitting in the pool water is strictly prohibited.
16. Shoes are not allowed inside the Deck.
17. All ladies and long haired male must put on bathing caps.
18. The swimmers should be careful to maintain the hygiene of the arena and follow the instructions given inside the Changing room. They shall not dump any materials inside the toilets & use the waste box placed inside the changing room.
19. Using any soap or oil before or after swimming is prohibited.
20. Parents and guardians are not allowed to either give advice or suggestions in regard to coaching.
21. In case of emergency, the users must draw the attention of the Coach/Trainer/Life Guard on the job for assistance.
22. Each trainee/person must use individual cup-board identified for keeping costumes.
23. Users shall avoid to bring ornaments and jeweleries with them while coming for training/practice and no-body will be held responsible in case of loss/theft to these valuables.
24. Smoking is strictly prohibited.
25. Consuming alcohol is strictly prohibited. Users shall not be in a drunken state during use of the pool.
26. Eatables are strictly prohibited inside the pool area as well changing rooms.
27. Pet animals are not allowed into the arena.

28. All users shall take care that there is no flouting rules or polluting swimming pool.
29. In no case male and female trainees will be allowed to practice and undertake coaching simultaneously. Separate time slot as allotted by the Coach for individual trainee will be adhered to.
30. All the fixtures and fittings must be handled with care. If any damage is noticed to have been caused the person responsible will have to pay compensation for the damage.
31. In the competition pool, only swimmers are allowed to practice.
32. The management reserves the right to closing the swimming pool for usage for specific purpose like Annual Maintenance/Repairs etc. It also reserves the right to restricting admission to any including member(s) or their guests.
33. The management has the right to expel any member for appropriate/valid reasons.
34. The management reserves the right to alter, amend or add to the rules.
35. The management reserves right of changing timing from time to time during the annual period as the need arises due to season such as rainy, winter, summer.
36. The swimming Pool may be closed for the weekly, monthly or yearly maintenance or for major repairs if any, and for conducting swimming competition or for any other specific purpose with one day notice. The day for which the swimming pool will be closed shall not be compensated in any form.
37. Users shall maintain strict discipline and all kind of cleanliness.
38. Membership shall be renewed before 15 days from the date of expiry.
39. Divers before executing their diving skills should inform the concerned Coach/Trainer and perform their activities under his/her guidance only.

I undertake to abide by the rules and regulations and agree to follow instructions conveyed by the Management.

Signature of the Applicant.