

Safety Notice

You are advised that the depth of water at the shallow end (timing board end) is 1 metre. The depth of water at the starting end is 1.5 metres. The starting blocks are 72 centimetres (0.72 metre) above the water level at the starting end.

Only those swimmers who have reached the standard of the ASA Competitive Start Award are permitted to enter the water with a shallow racing dive. Those who have not achieved this standard must start in the water. Coaches and Team Managers must inform the Referee of any swimmers unable to perform a shallow racing dive from the starting block or from the poolside.

If there is a false start, you should continue with a shallow racing dive. You must **not** topple into the water head downwards as this is dangerous. If you are starting in the water, you should lower yourself carefully over the side into the water before starting. Do **not** jump or dive.

The signal you will hear if it becomes necessary to evacuate the building will normally be an announcement over the Public Address System. To evacuate the building, all those present should use the marked Emergency Exits at the four corners of the pool. It is most important that the floor areas leading to the exits are kept completely clear at all times. In the event of an evacuation, no one should return to the changing rooms to collect clothes or other belongings.

If you need to leave the poolside to go out to the entrance lobby, please make sure you are dry and you have adequate footwear on your feet. ***Wet, barefooted swimmers in a "dry" area are a slip hazard to everyone. Thanks.***

NO GLASS BOTTLES OR OTHER BREAKABLE ITEMS ON POOLSIDE OR CHANGING ROOM AREAS, PLEASE.

Please comply and follow any additional instructions from Pool Staff.

There is a written copy of the Pool Operating Procedures available from the Pool Management for inspection.