

PANAGA CLUB SWIMMING POOLS

Welcome to all new members and their families and to everyone returning from summer holidays and we hope you enjoy our fantastic facility. With a lot of new arrivals in the club, it's a good time to go over some key points of pool usage and also an opportune time to remind all Club members of their responsibilities with respect to the Swimming Complex.

We realise you may not be fully aware of some of the general requirements when using the Swimming Pools, so please take some time to read through this document.

Safety	<ul style="list-style-type: none"> ➤ The Panaga Club Management Committee has the highest regard for the safety of members, their families, guests, and club staff ➤ The measures and rules currently in place are to keep the pool safe, and remind you of your responsibility to follow them ➤ The Panaga Club does its best to ensure the safety of its premises and the Section activities; however we need your help to keep everybody safe ➤ Safety is OUR joint responsibility ➤ Members and their families can enjoy the pools at Panaga Club and KBBC at their OWN risk ➤ Safety is YOUR responsibility for yourself and children in your care ➤ During Stingrays swimming lessons, Swim Teachers will be present to ensure the safety of the children ➤ Report any incidents, 'near-misses' and unsafe situations immediately to the Club staff, Club Security or Management Committee
Facility	<ul style="list-style-type: none"> ➤ Please take pride in YOUR facility, it is a privilege and not a right ➤ The Management Committee fully supports any member who respectfully reminds another member of their responsibilities when required ➤ Continued disregard of the rules or responsibilities will result in Management Committee action
Pool Rules	<ul style="list-style-type: none"> ➤ The pool rules and requirements are for your safety and well-being, and comfort of all pool users as well as to maintain the upkeep of the pool complex ➤ Take care to ensure that those in your care including your visiting guests follow these simple requirements for everyone's safety and enjoyment ➤ There may appear to be a lot of DO NOTS; This, in part, is due to a number of "near misses" we have had in the past at the pool ➤ At times, we have had some users who demonstrated a total disregard for the rules and behaviour around the swimming complex, putting themselves, their children, and other members AT RISK ➤ It is not the intention of the Club Management to stop all fun, merely to foster a safe environment and to encourage good behaviour for the benefit of all pool users ➤ Remember to carry your membership card and brief your children ➤ Common sense, consideration and co-operation will go a long way

PANAGA CLUB SWIMMING POOLS

Club Emergency Procedures	<ul style="list-style-type: none"> ➤ The emergency procedures are posted at various locations around the Club premises, including the pool complex ➤ They provide users with emergency telephone numbers, and instructions to follow in the event of an emergency ➤ Make yourself familiar with them.
Emergency Push Buttons	<ul style="list-style-type: none"> ➤ In case of an Emergency in the Pool area, please raise the alarm immediately using the Pool ‘Emergency Push Buttons’ ➤ These are located next to big SPEEDO clock as follows: <ul style="list-style-type: none"> ❖ Near to the Pool entrance gate ❖ Far corner of the deep end of main pool ➤ In case of no heartbeat pulse, please administer CPR (use Defibrillator where applicable) as soon as possible while waiting for Emergency
Emergency Phone Numbers	<p>In the event of any injury or incident, the following Emergency Contact Numbers should be used:</p> <ul style="list-style-type: none"> ➤ BSP Emergency Line: 2999 (direct from BSP line) or 337 2999 (from any other line) ➤ National Emergency Services: <ul style="list-style-type: none"> ❖ Ambulance 991 ❖ Police 993 ❖ Fire Brigade (Bomba) 995 ❖ Search or Rescue 998
Pool Barriers	<ul style="list-style-type: none"> ➤ The pool is enclosed ➤ This is to prevent members (especially young children) from wandering inadvertently into the hazardous poolside area ➤ The barrier is fitted with self-closing gates, and a locking mechanism designed to prevent younger children opening it unaided
Lifeguards	<ul style="list-style-type: none"> ➤ There are NO lifeguards at the Panaga Club or KBBC
Parental Supervision	<ul style="list-style-type: none"> ➤ The safety, welfare and behaviour of a child in the Club is entirely and at all times the responsibility of its parents or nominated guardian ➤ Parental supervision is required at all times ➤ Parental supervision means that the child is within arm’s reach of the parent ➤ Teach children to enter the water only when the given permission ➤ They should learn to wait for this direction ➤ Interact with children and supervise them during the entire water session Children interacting with adults are safer

PANAGA CLUB SWIMMING POOLS

<p>Children Under 14 years old</p>	<ul style="list-style-type: none"> ➤ No unsupervised children under 14 years of age are allowed in or around the swimming pools or surrounding areas of the pools defined by the barriers ➤ Therefore, children under the age of 14 must be supervised and accompanied at all times by an adult family member or their appointed representative (a Panaga Club Member over 18 years of age) who is within the pool area ➤ The children must be within the view when in or around the pool as the adult family member is responsible for the welfare, safety and behaviour of the child ➤ Watching your child from the Cafeteria or Gym, for example, is not considered to be adequate supervision ➤ You must be inside the enclosure with children who are in your care, keep your children in sight at ALL times ➤ Remember, swimmers can also drown ➤ Children attempting to enter the pool area on their own may be asked for their membership card to prove their age ➤ Admission of these unaccompanied children to the facilities can be rightfully refused ➤
<p>Shower</p>	<ul style="list-style-type: none"> ➤ All bathers MUST shower BEFORE entering the water each time ➤ This helps maintain the chemical balance in the pools and reduces the nitrogen produced from the skin, which affects the tiles and grout ➤ It also dramatically reduces the amount of pool chemicals absorbed into the hair and skin
<p>Swimwear & Swim Nappies</p>	<ul style="list-style-type: none"> ➤ MUST have “proper” swimwear ➤ Infants/toddlers MUST have “swim nappies” ➤ Incontinent children MUST not use main pool
<p>Pool Toys & Games</p>	<ul style="list-style-type: none"> ➤ To protect the safety of our Members and to ensure that everyone can enjoy the pool, the following types of toys/games are not allowed in the pool or the surrounding area: <ul style="list-style-type: none"> ❖ Water pistols of any type ❖ Hard throwing objects, such as tennis balls, rugby balls or Frisbees ❖ Excessive ‘horseplay’ ❖ Motorised or powered toys ➤ Use your discretion as to what may be appropriate toys/behaviour in the pool ➤ It is ultimately the Club Operations Manager’s decision as to what may constitute a safety hazard – For example, at peak times, you may be asked to remove large inflatable ➤ Parents are requested to ensure that their children’s play does not adversely affect the enjoyment and safety of other pool users ➤ Overtly rough play in particular, will be penalised. ➤ NO throwing or pushing of people into pools ➤ NO unsupervised ball games ➤ DO NOT allow your children to throw rocks or pebbles into the pool – These can damage the automatic pool cleaner, and the pool surfaces. ➤ If children wish to dive for objects please purchase appropriate pool toys for them

PANAGA CLUB SWIMMING POOLS

Wet Deck	<ul style="list-style-type: none"> ➤ The “wet deck” is the tiled area surrounding the pools ➤ NO running or unsupervised ball games ➤ NO footwear (except for “operational reasons”) ➤ NO running inside the pool complex or around the concourse
Toddler Splash Pool & Slide	<ul style="list-style-type: none"> ➤ This pool is primarily for the use of parents and their toddlers/youngsters ➤ Parents are asked to keep an eye on their children while in the Splash Pool, and on the slide, in particular ➤ ONLY ONE child on the slide at a time ➤ DO NOT walk back up the slide ➤ DO NOT use boards or floats on the slide ➤ Older children are allowed to use the slide, but must do so sensibly – If they are seen to be causing a nuisance to other users, they will be asked to leave the Splash Pool area
Dive	<ul style="list-style-type: none"> ➤ ONLY DIVE into deep end of main pool ➤ NO diving in the shallow end of the pool – If children see adults diving in the shallow end, they are likely to do the same thing
Lap Lane	<ul style="list-style-type: none"> ➤ From time to time, lap-lane(s) may be in operation for lap swimming and lessons ➤ Always keep to the left and swim clockwise ➤ The lane is there to provide a safe separation for lap and recreational swimmers ➤ Do not jump in or swim across the lane while swimmers are lapping ➤ Ensure your children understand that they should not play in the lap-lane when it is in use by members doing laps.
Lap-Lane Rope	<ul style="list-style-type: none"> ➤ It is very important that children, in particular, learn not to sit, stand, bounce, crawl along or otherwise play on the lap-lane rope ➤ This is dangerous -- it puts extra strain on the rope, you may be struck by a lap swimmer, and the rope may swing across catching a lap swimmer’s hand, potentially breaking their fingers ➤ Not only can the lane rope cause injuries, but it is also an expensive piece of equipment ➤ If it is considered that you or your child has contributed to any damage, you may be held liable for repair/replacement costs ➤ Children who repeatedly abuse the lap-lane rope may face disciplinary action, which could include suspension from the pool and/or the Club ➤ Parents are again reminded to support the Club Management in this matter
Shoes	<ul style="list-style-type: none"> ➤ Place your shoes neatly on the shoe racks or carry them into the pool complex with you ➤ Do not let shoes block gates or change room doors creating a trip hazard ➤ Gates and doors need to be left clear for emergency and operational reasons

PANAGA CLUB SWIMMING POOLS

Food & Drinks	<ul style="list-style-type: none"> ➤ Food & drinks are NOT permitted in pool or “wet deck” area ➤ Water in plastic bottles is allowed for lap swimming and lessons ➤ Meals only to be served at round tables ➤ Children are commonly seen eating ice creams in the pool and this affects water quality ➤ Rubbish like ice cream wrappers is finding its way into the filters of the pool ➤ If a glass or tea cup is broken in the pool, the pool may have to be emptied and cleaned leading to pool closure ➤ Assist to maintain pool water quality
General Etiquette	<ul style="list-style-type: none"> ➤ Make the effort to place YOUR rubbish in the bins provided ➤ Keeps straws, tissues, chits and other debris out of the pool and filters; It also reduces the possibility of bare feet being injured ➤ Do not spit or clear your nose into the pool or gutters – it is unhygienic and socially unacceptable ➤ DO NOT take short cuts through the flower beds or over fence ➤ DO NOT enter, or allowed your children to enter, the Poolside Cafeteria or Club buildings while wet - A wet floor is extremely dangerous for other members and catering staff ➤ Always be conscious of and respectful to all other pool users.
Stingrays Swim Section Equipment	<ul style="list-style-type: none"> ➤ The pool equipment in the store room is for exclusive use in Stingrays swimming lessons ➤ Many of these items can be purchased at the Swim Shop ➤ If your children are using the kickboards, fins, and other Stingray equipment, please ensure they are treated with respect ➤ This equipment is often found lying around the pool and it is not the job of the swim coach to clean up after children ➤ Return equipment when you are finished using it ➤ Respect that it all costs money and is difficult to replace
Signing-In Book	<ul style="list-style-type: none"> ➤ Signing-in to the pool area is compulsory ➤ This not only performs a membership-check function, but also covers liability concerns ➤ In addition, valuable data about pool use is collected in this way ➤ The Signing-In Book is located at the desk just before entering the pool area.
Signing-In of Non-Members/Non-members’ Children	<ul style="list-style-type: none"> ➤ A Member may bring non-member guests to the Club, e.g. visiting parents/friends, but must sign and pay for them ➤ In the case of non-members’ children, Members must undertake to supervise them as they would their own children ➤ They are not to leave any children under the age of 14 unsupervised in the pool area ➤ Members are fully responsible for the actions of any guests they bring onto Club premises.
Amahs	<ul style="list-style-type: none"> ➤ Amahs are only allowed into the Club on a Day Visitor membership and must be accompanied by the Member at all times, to ensure understanding of and compliance with Club rules.