



TROJAN SWIMMING CLUB WHITBURN & DISTRICT

Good Pool Practise

The information below is extracted from Xcite's Good Pool Practise and pool rules. In order to help maintain water quality and cleanliness we would appreciate all a Trojan swimmers adhering to the following rules.

- Do not swim if you have any open wounds, severe eczema or any other infectious skin complaints.
- Cold, Flu and other infectious illnesses are sufficient reason not to swim, so is diarrhoea with the last 2 days or cryptosporidiosis within the last 2 weeks.
- Swimming on a full stomach is bad idea because of the risk of cramp.
- People with head lice, athletes foot or verruca's, should not go into the pool.
- Parent should encourage our younger swimmers to visit the toilet before their training session starts.
- Swimmers should shower before entering the pool, as this will help keep the water clean.
- Swimmers should wear their swim caps in order to be recognisable as a member of the club, but also to help keep hair out of the pool and maintain water cleanliness.
- Do not run poolside or enter the water until instructed to do so by a member of the coaching team.
- Listen to instructions from Xcite staff and the coaching team and pay attention to any safety notices as they are there for your own good.