

# Rules and Regulations: Swimming

- No one is allowed to use the pool when coaching staff or authorized personnel are not present.
- Proper swimwear is mandatory for all pool users.
- Cotton fabric is strictly prohibited inside the pool.
- Diving and running is strictly prohibited.
- All pool users are required to shower before and after entering the pool.
- Food and drinks are not allowed in the pool area.
- Pool users are expected to be considerate of others and follow basic pool etiquette.
- Individuals with contagious illnesses or open wounds should avoid swimming.
- The pool operates according to posted hours and maximum occupancy limits.
- Pool users must follow instructions from lifeguards and coaches.

# Swimming: Etiquettes to be followed

- Arrive on time for practice sessions and meets.
- Respect fellow swimmers, coaches, and officials.
- Follow pool rules and regulations.
- Use proper diving and jumping techniques.
- Share lanes and facilities with others.
- Keep the pool area clean.
- Avoid disruptive behavior.
- Listen to and follow coaches' instructions.
- Be considerate of others' space and time in the pool.
- Congratulate fellow swimmers on their achievements.