

Swimmers Code of Conduct.

Wigan Leisure and Culture Trust are committed to providing all customers with a quality service in a friendly, clean and safe environment. To help us achieve this please observe our 'Swimmers Code of Conduct' at all times.

Swimwear

Customers should wear appropriate costumes for swimming that conform to safety, cultural and teaching requirements. It is important that swimwear is relatively tight fitting so as to minimise the effect of drag that water logged clothing can create. Sensitivity is required to ensure the correct balance when cultural demands require looser fitting garments

Cut down jeans and football shorts are not allowed.

Wigan Leisure and Culture Trust does not accept any responsibility for any fabric discoloration to swimwear.

Hygiene

The chewing of gum or consumption of food in the swimming pool is not permitted. Please use the toilet and ensure that you have washed your hands and showered thoroughly before entering the water.

Please refrain from swimming for 48 hours if you have suffered from vomiting and/or diarrhoea.

Please refrain from swimming if you have suffered from cryptosporidiosis in the last 14 days.

Water temperatures

The main pool water temperatures will be maintained between 27-30 degrees centigrade and the small pool between 30-31 degrees centigrade which follows industry guidelines.

Air Temperature

The pool hall temperature will be maintained at approximately 1 degree centigrade above the pool water temperature

Children

Please ask your health professional about your baby's first visit to the pool. Young babies and toddlers should wear appropriate swim nappies which fit comfortably, therefore preventing embarrassing accidents in the water.

A responsible adult should accompany all children under the age of 8 and/or any non swimmers into the swimming pool. The adult must go into the water with the children they are accompanying and maintain a constant watch over the children for whom they are responsible.

The maximum number of children under the age of 8 that can be supervised by one adult is two. A responsible adult must accompany children aged 3 years and under on a one-to-one basis. The sole exception to this is if both children are wearing armbands or other approved buoyancy aids.

Diving

Diving is not allowed in certain pools or pool areas, suitable parts of the pool are clearly identified for diving.

Personal Safety

Please inform the lifeguard on pool duty if you feel you need to make him/her aware of any circumstance that may effect your swimming ability.

All jewellery including watches should be removed; glasses may be worn if they have plastic lenses.

Swimming Goggles

Swimming goggles may be used in the swimming pool. Facemasks/snorkels or other full facial masks are prohibited

Electronic Devices

MP3 players or other water proof electronic devices are not permitted in the swimming pools

Mobile Phones, cameras and other photographic equipment are not permitted in the changing areas and swimming pools. Anyone wishing to use photographic equipment in the facility must obtain prior permission from the Duty Manager.

Listen to the Lifeguard

All of our lifeguards hold the National Pool Lifeguard Qualification. Please listen to them and read poolside signs and user information to ensure that your swim is safe and enjoyable.

Unruly behaviour, foul or abusive language will not be tolerated. Once warned, if an individual persists, they will be asked to leave the building, no refund will be given.

Facilities for the Disabled

All pools have a pool hoist, which is available for use.

All changing rooms and pools are accessible by wheelchair and some have larger cubicles for changing as well as toilet facilities.

If you have any special requirements do not hesitate to ask a member of staff. Please check venues for any special sessions.

How to swim safely in a lane swimming session

These sessions are for those who can swim competently at least 50 meters without stopping. Speed and stroke ability does not matter.

- Note which way round you are swimming and keep close to the lane rope.
- Be aware, when you push off, of the swimmer behind you.
- Try to swim continuously but if you need a rest allow enough space for other swimmers to pass.
- Front crawl or breaststroke are advisable during these sessions.

Lifestyle Membership

A Free Swimming programme is in operation (terms and conditions apply) a valid Lifestyle membership is required; an annual fee of £1.60 applies; an application can be processed on your first visit. You must present your membership card at reception on each visit. Proof of ID and a £1.60 replacement card fee applies to lost and stolen cards. For further information please visit <http://www.wlct.org/lifestyle> or speak to reception at one of the Active Life managed swimming pools.

Locker Tokens

All the pools have lockers to store your belongings whilst visiting the facility. Locker tokens are available at reception a non returnable fee of 20p applies.

Thank you for helping us to achieve our goal of clean, safe and hygienic pools.