

SWIMMING RULES

- Always follow the information signs or instructions from the lifeguards.
- Swimmers must be at least 10 years old and have good swimming skills to be alone in the swimming hall.
- Children under 10 years old must be followed by an adult with good swimming capabilities.
- Adults can have maximum 3 children under 10 years.
- People under the influence of alcohol or drugs, loud people or people with open sores will be asked to leave.
- All use of photography equipment and mobile phones are banned from the swimming and changing areas.
- Before swimming users must wash the whole body including hair with soap. Swimming clothes should be clean and should be put on after showering. It is not allowed to swim in underwear.
- Long hair should be put up (after showering) or a bathing hat used.
- Toddlers who are not toilet trained must use a swimming nappy.
- Running in the wet area is forbidden.
- Swimmers must never push another swimmer under the water, or dive/jump onto another swimmer.
- Chewing gum and snus are forbidden.
- Staff can remove swimmers showing unwanted behaviour, tickets will not be refunded.
- Contact the lifeguards if you need help.