

## **Bromley High School Swimming Club Guidance Notes.**

Bromley High School Swimming club is a friendly, relaxed club run by and for its members. We pride ourselves on offering a pleasant swimming experience with the minimum of fuss. So that we can continue to do this, we would ask you to bear in mind the following considerations when using the pool facilities.

### **1. Lane Etiquette**

Before you choose a lane to swim in, check the speed and type of swimmers in the available lanes. Usually, slow swimmers will occupy the far lane next to the windows. At busy times, there will be a mixture of swimmers in the lanes and so if this happens, please take account of the different speed of swimmers in the lane that you are using. Slow swimmers – give way to faster swimmers, particularly when turning at the end of the lane. Faster swimmers – give slow swimmers plenty of room and overtake thoughtfully. Please don't "tailgate", as this can be off putting!

Please do not stop in the middle of the lane when you are swimming, as this could be dangerous and lead to collisions.

### **2. Free Swimming Area**

When using the side of the pool not marked off in lanes, make sure that weaker swimmers in your party and youngsters with armbands remain in the shallow end.

Please try to ensure that your children do not allow toys, balls and floats to drift into or land in the lanes.

### **3. Dressing rooms**

Outdoor shoes should not be worn in the changing rooms. Please leave your shoes near the entrance door to the pool block. Try bringing a pair of pool slides or flip-flops to wear if you would like to protect your feet in the changing rooms and on poolside.#

### **4. Duty Officers**

The Committee would like to encourage all duty officers take a more active role in welcoming swimmers to the pool and implementing club rules and policies. Now that the lifeguard role is a paid position filled by a non-club member, the duty officer should help the lifeguard to guard the pool in the same spirit as previously adopted by club lifeguards, where the emphasis was on preventing incidents and encouraging responsible and friendly behaviour.