

## Adult Swimming Club Consent Form

### Rules of Club Membership

1. Each member must have purchased a pool season ticket.
2. There must always be at least one other adult swimmer or competent adult watching from the side before entering the pool.
3. Familiarise yourself with the pool environment including steps , deep end, location of First Aid and safety equipment and telephone, before entering the pool
4. No diving is permitted
5. No swimming after drinking alcohol or within an hour of eating a meal
6. If you are taking prescription drugs check to see if they induce drowsiness and follow the guidelines provided by the manufacturer
7. If you are feeling un-well, do not enter the pool and if you feel unwell whilst swimming, get out of the pool immediately.
8. Always swim within your limits.

Please notify a member of the committee if you witness non-compliance with these rules.

Please note the location of the following safety equipment and resources

- 1st aid Kit – on the back of the door from cafe to pool
- Telephone – on cafe kitchen window sill
- Rescue poles – on the perimeter wall at the deep end of the pool
- Throw line – on the back of the door from cafe to pool
- Bouyancy aid on line – behind door from cafe to pool

I agree to the above rules of membership. I understand no life guard will be present during club opening times and declare that I am a competent swimmer. I accept I am swimming at my own risk.

Signed by club member

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Date