

# THINGS YOU SHOULD KNOW TO MAKE YOUR SWIM ENJOYABLE

**Admission Standards for Public Pools** – Admission standards are in affect for all recreational swims.

**Appropriate Bathing Attire** – All participants using the pool / whirlpool / sauna must change from street clothes to a swim suit and/or clean clothing brought to the facility for the purpose of swimming. Participants may choose to wear t-shirts, thin long sleeve shirts, shorts or tight fitting leggings. Clothing worn in the pool must permit individuals to participate safely in programs. Head covering must be tight fitting and ensure the safety of the participant.

- Undergarments, cut-offs, jeans and loose clothing are not permitted in the pool.
- Shoes must be removed before entering the shower and pool area.
- For swimmers who are not toilet-trained, specially designed swim diapers are required.
- Patrons wearing street clothes are only permitted to watch from the viewing area.

## Change Room Policy

The Family Change Room is intended for the following use:

- Children aged 4 and over accompanied by an opposite gender parent/guardian
- Families who wish to remain together
- Individuals with special needs who require additional space or who are accompanied by an opposite gender support worker



All other users are asked to use gender specific change rooms.

**Infants & Small Children** – Infants & small children cannot be left unattended on the pool deck. Car seats and strollers must be left in the change rooms or other designated areas. Children who are not toilet-trained are required to wear snug fitting plastic pants or a swim/pool diaper under suitable bathing attire. Regular diapers are not permitted.

**Recreational Swimming** – Swim hours may be changed due to special events, maintenance or other unforeseen circumstances. Changes to the schedule will be posted one week prior to the change, wherever possible. Unscheduled service disruptions can be found online at [www.clarington.net](http://www.clarington.net) or by contacting any of our recreation facilities.

**Slide & Deep End Use** - Individuals wishing to use the slide at the Newcastle & District Recreation Complex must meet a height requirement of 48". At the Courtice Community Complex, slide users must successfully complete the facility swim test. Swimmers under 16 years of age wishing to use the deep end are required to complete the facility swim test at all pools.

**Sauna & Whirlpool Use** – Individuals wishing to use the sauna and/or whirlpool must be 18 years of age or older. Infants and children are not permitted to wait in the area while parents or guardians use the sauna or whirlpool.

**Cameras, Video Equipment and Cell phones** – The use of all cell phones and picture-taking equipment is prohibited in all change rooms, washrooms and on pool deck. Picture taking is permitted from the viewing area. We do ask that anyone wishing to take pictures obtains permission from the reception staff. This is to respect the privacy and safety of all patrons.

**Please make everyone's swim an enjoyable experience and help prevent pool foulings by feeding your children after swimming or at least one hour before. Have your child use the washroom facilities prior to entering the pool and as needed throughout your swim to prevent accidents.**