**GENERAL RULES AND REGULATIONS**

1. Only registered members are allowed inside the swimming pool.
2. The registered member must surrender their identity cards when entering the pool and take it back when they are leaving the pool premises. No one will be allowed to swim in the swimming pool without surrendering their identity cards to the supervisors.
3. ‘Sign in’ before you go on and ‘sign out’ before leaving the swimming pool. A register is maintained for the purpose.
4. Presently, the capacity of the pool is restricted to 30 members at any given time. Hence the members will be allowed in the pool as per their scheduled time on first-come-first-serve basis. This capacity may be increased in the future. The members should form a queue and get inside the pool in an orderly fashion.
5. Before entering the swimming pool all must take bath in the shower using soap to wash off the sweat, dirt and oil from the body. You must bring your own soap and towel.
6. Use the toilet before going to the pool. Do not urinate while swimming in the pool.
7. All swimmers must wear proper swimming costumes and caps.
8. Walk along the blue line to reach the pool.
9. Wash off the dirt from the feet using **copper sulphate** solution kept in a trough.
10. Get into the pool only by steps/ladders.
11. People suffering from skin diseases, open wounds, infection of ear, nose & eyes are prohibited from swimming in the pool.
12. Enter the pool only after suitable warm up.
13. Do not swim with a full stomach.
14. Ladies should not use the swimming pool during the menstrual period.
15. Do not dive into the pool.
16. Avoid spitting or blowing the nose in the water; instead use the scum-gutter.
17. Practice swimming only in the areas instructed by the coach.
18. Do not stay in the pool when there is lightning in the sky.
19. Do not swim when you have diarrhea. This can spread germs in the water and make other people sick.
20. Do not swallow pool water. Avoid water getting into your mouth.
21. Do practice good hygiene. Shower with soap before swimming wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.
22. Those who do not know swimming must confine themselves to the shallow parts of the body. Do not play or cause nuisance to others in the pool. Users must not play pranks in the pool.
23. Clear the pool when asked to by the supervisor by word or long whistling.
24. Since the swimming pool is being maintained by outside workers, all users (including staff members) must have valid identity card to use the swimming pool. Otherwise entry into the swimming pool will be denied.
25. No child below the age of 10 years will be allowed inside the swimming pool unaccompanied by parents or teachers. The parents are solely responsible for the safety of such young children inside the pool premises. Keep an eye on your child at all times.
26. No food or beverages are allowed inside or around the immediate area of the pool.
27. Vehicles of non members are not permitted on campus. All members must avail of the vehicle pass to use the parking facility.
28. Do not keep any valuables in the lockers- the management will not be responsible for any loss of personal property.
29. Lockers are available for your use. Please bring your own padlock for the locker and remove your padlock and thing after the swimming session is over. All bags and belongings are subject to checking by the pool authority at any time.
30. The use of cameras/video cameras or any device containing cameras is strictly prohibited in the bathroom or changing rooms or the swimming pool area. Washing clothes is not permitted in the bathrooms or in the changing area. Common towels, combs, hair brushes are not permitted.