

# Behavioural guidelines and rules for Mora Swimming pool

**By paying your admission fee, you agree to the Municipality's behavioural guidelines and rules at the facility**

**Mora Municipality defines "swimming ability" as "150m breaststroke and 50m backstroke (Equilateral)"**

- A guardian is responsible for their children's safety at the swimming pool. "Guardian" refers to an adult (18+ years) that can swim.
- Children under the age of 10 as well as those who cannot swim may only access the pool area if they have a guardian wearing swimwear with them. "Guardian" refers to an adult (18+ years) that can swim.
- The guardian must always pay their admission fee to the swimming pool. For safety reasons, all our customers using the pool must wear swimwear.
- Swimming always takes place at your own risk. Supervision of swimmers is limited.
- For your personal safety and the safety of others, you must always follow the safety regulations and verbal instructions from the staff.
- Keep an eye on your friend – be a "lifeguard" for each other.
- Do not run – there is a high risk that you may slip.
- Never push anyone or hold them below the water.
- Snorkels and flippers may not be used.
- Only approved swimwear may be worn when swimming. (Not underwear)
- Children over the age of 9 may not enter the changing room for the opposite sex.
- Photography of people using the swimming facilities is forbidden without special permission. This applies for both standard cameras and cameras on mobile telephones. Contact the staff.
- All group visits must be booked. Upon booking, the total number of leaders who will swim will be discussed and decided. Telephone the swimming pool's reception for booking, 0250-159 25.
- For group visits, the appointed leader is always responsible for the group.
- Please respect that during swimming lessons/water aerobics, the pool/sections of the pool have been booked.
- Glass bottles may not be taken anywhere at the swimming pool.
- The consumption of alcohol is forbidden.
- Male and female staff may be present in each section.

## Changing rooms and shower facilities

- We operate a padlock system. Use your own padlock.
- The swimming pool does not accept responsibility for your valuables.
- Shower without swimwear before using the sauna and pool.
- No swimwear in the sauna.

## The instruction pool

- The instruction pool is primarily intended for those who cannot swim.
- No diving.

### The swimming pool

- Toys are only permitted in lanes 5 and 6.
- Lanes 1 and 2 are reserved for swimming workouts.
- Avoid holding on to the lane dividers.

### Deep pool

- Only experienced swimmers may use the deep pool. Inexperienced swimmers are referred to lanes 5 and 6.
- Only one person at a time may use the trampolines.
- No toys are allowed.

### The jacuzzi

- Only use the jacuzzi when it is bubbling.
- Max. eight people.
- The jacuzzi is not recommended for pregnant women.

### Miscellaneous

- The staff's task is to maintain a safe and secure establishment and so they have the right to enforce the local rules and take action against visitors who do not follow them.
- Breaking the rules leads to refusal of entry/suspension. Admission and training costs will not be refunded.
- All visits to and use of the facility takes place at your own risk.

**The cash desk closes 30 minutes (on Thursdays, one hour) before closing time.**

**The swimming pool is locked 15 minutes after closing.**

**Thank you for contributing to a nicer, cleaner swimming pool.**

*Subject to changes*