

# Pool Safety Rules

- No life guard is present in the pool area
- You are personally responsible for your own Health and Safety whilst using the facility
- There must be a minimum of 2 adults (over 18) present at all times in the pool area
- Maximum 2 children (under 18) per supervising adult
- No heavy, breakable or sharp objects should be taken into the pool or changing rooms
- No running
- No jumping
- No diving
- Make yourself aware of life saving equipment and emergency exits in case of emergency
- Ensure you have access to a mobile telephone in case of emergency and give the following information.

Cardew Lodge  
Dalston  
Carlisle  
Cumbria  
CA5 7JQ