

# Portmarnock Sports & Leisure Club

## Swimming Lesson Academy

September 2024



- Swimmers and parents must adhere to PSLC by-laws and pool rules at all times.
- A swimming hat and proper swimming attire is required by all to enter the pool.
- No parents are allowed on the pool deck at any time during lessons.
- Photography or video recording is prohibited on pool deck, in the changing rooms or the viewing gallery at all times.
- A parent must be present in the viewing gallery for the entirety of their swimmers lesson when the swimmers is under the age of 13.
- All swimmers must shower before their lesson. Swimmers must be clean of muck, face paint etc. before entering the pool.
- Parents are responsible for supervising their swimmer before and after each lesson in the changing room area.
- Please remove belonging from cubicles during the lesson. Lockers are provided in the changing area. Items left unattended in cubicles may be removed by lifeguard.
- Our changing area is unisex. Personal and family changing cubicles are provided. Please be conscious of others in the changing room area.
- Lockers are provided in our changing rooms. A deposit of €1 is required to lock the locker. The PSLC holds no responsibility for personal items.
- If you have a query when present at lessons please ask reception, lifeguard or pool supervisor. Swim Teachers are responsible for the class during lessons and are not available to answer queries. If a parent wishes to speak with a teacher please contact [pool@pslc.ie](mailto:pool@pslc.ie) by email and this can be arranged.

If you need to make staff aware of anything during lessons please go to reception or the knock on the pool exit door in the changing rooms to speak to a lifeguard/ pool supervisor.