

CIVIL SERVICE CANOE CLUB: RULES FOR USING THE POOL

Note: Canoeing and Kayaking are “Assumed Risk” – “Water contact sports” that may carry attendant risks. Participants should be aware of and accept these risks, and be responsible for their own action and involvement.

In the interests of safe canoeing, you are required to obey these simple rules - which should be no more than common sense!

- We have appointed suitably experienced people to take charge of each week's pool meeting. You should obey their instructions.
- Non Club members must sign the attendance sheet before using the pool.
- Keep an eye out for your fellow paddlers at all times. If you see anyone in trouble, go to their assistance or call promptly for help.
- Canoes are large and intrusive things in swimming pools, and on the poolside. Take great care to avoid accidents or damage. When carrying a boat, be careful that the ends do not swing round and hit people!
- On the water, it is most important that you don't crash into the poolside at any speed - Pool Managers do not appreciate cracked tiles!
- Do not charge around the pool, even if you think you know what you are doing.
- Do not wear outdoor shoes on the poolside. Don't use the pool if you have a bad cold, any other infection, or an open wound.
- It is strongly recommended that you avoid "free swimming" in the pool whilst canoeing is taking place. You do so only at your own risk.
- Please be ready to help get equipment out, and put it away. If you intend to use Club equipment the following weekend, let us know at the start of the evening.
- Please ensure that you pay – we collect money in the entrance lobby afterwards – before leaving. We gladly accept subscriptions from new members!
- Please get changed and out of the pool building promptly at the end of the evening, rather than nattering for hours.

Safety Procedures: Everyone should note that:

- In the event of any serious incident then the supervisor should arrange appropriate immediate rescue activity, and press the red poolside alarm – to be found towards the centre of each of the four walls. This alarm alerts the Porchester staff – but a Club member should also go to find one of the staff (there is a staff room at the deep end of the pool, and the gym is always staffed).
- In the event of the fire alarm sounding, all activities should cease, and advice should be sought promptly from the reception desk or a member of staff. If an evacuation is necessary everyone should leave the building promptly by one of the marked fire exits as directed by a member of staff. The muster point is at Porchester Gardens.