

A friendly reminder before you go swimming

Make sure children under 8 are accompanied by an adult over 18 years with a maximum of two children per adult



Children under 8 must use their own gender specific changing rooms



Customers advised not to swim if you have consumed a meal within the last hour or had an upset stomach



Appropriate swimwear

Includes the following



Male

- Swimming trunks
- Swimming shorts
- Knee length shorts including board shorts
- Lycra leggings
- Short and long sleeve close fitting t-shirts



Female

- Bikini's/ Tankini's
- Swimming costume
- Lycra leggings (Including below knees)
- Short and long sleeve close fitting t-shirts
- Swim dress



Young Children

- Swimming trunks
- Swimming shorts
- Bikini's /Tankinis
- Swimming costume
- float suits
- Neoprene 'float jackets'
- Knee & elbow-length suits
- Swim nappies

Pool Hygiene



All swimmers are requested to shower and use toilet facilities prior to swimming



Customers experiencing sickness or diarrhoea must not swim until symptom free for 48 hours or 14 days if diagnosed with cryptosporidium

Enjoy your swim today !

DULWICH COLLEGE
THE SPORTS CLUB
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