

## Swimming pool guidelines



1–2

In the lobby of the swimming pool there is a counter where you pay the entrance fee. With your receipt you receive a barcode label that you can use to enter through the gate. If you buy a monthly card or a serial ticket you can walk directly to the gate and stamp your ticket. The duration of the visit at the swimming pool is 1.5 to 2 hours.

3–4

The dressing cabinet lockers close with a plastic card (for example OuluCard, library card or a shop customer card). You place the card in the locker inside the dressing cabinet and the key in the lock will function normally. You take the key with you to the washing rooms and the pool. Wash yourself carefully before entering the pool area. You also need to remove your make-up. Wet your hair or use a bathing cap. Snacks are not allowed in the dressing room, sauna or pool premises. Shaving is not allowed in the dressing, washing, sauna or pool areas. Taking photos is not allowed in dressing rooms and pool areas.

5–6

If you take a sauna, wash both before and after the sauna. If you want to use seat covers in the sauna, bring a small towel along when you come to the swimming pool. You can also buy paper seat covers at the cashier counter, the price is 0.20 €/cover. Take the seat cover with you when you leave the sauna. The disposable seat covers can be put in the garbage. You cannot wear a swimming suit in the sauna, but if you wish you may wrap a towel around you. If you wish to use a towel in the sauna, it is a good idea to bring along two towels to the swimming pool.

7–8

You should only use a clean swimming suit appropriate for swimming pool. Shorts, underwear or sports leotards are not suitable for swimming. Underwear is not worn under the swimming suit. Parents or guardians must supervise small children and those who cannot swim through the whole time they spend in the swimming pool. The deep pools are intended only for good swimmers. Jumping into the pools is generally forbidden. If jumping is allowed, you must take the other pool users into account. Jumping into the pool is allowed only from the indicated positions, not from the poolside.

9–10

After the swim take another shower. Rinse and squeeze your swimming suit dry, so that the dressing room will remain as dry as possible. Return rented swimwear and towels.