

## **The rules at Tornio Swimming Center**

### **1. Codes of conduct**

It is prohibited to import, possess and be under the influence of intoxicating substances in our swimming center. The use of snuff in shower and pool facilities is also prohibited. It is the task of the swimming supervisor to monitor compliance with these rules and, if necessary, to remove a person who is behaving in a disruptive manner from the swimming center facilities, and to ban the person from the swimming center for a maximum of one month. Please give everyone a chance to train without extra interference. And do return things you have borrowed to their own places when you no longer need them. Follow the instructions given by the staff.

### **2. Hygiene**

Please wash yourself without your bathing suit on before going to the sauna and pool area, wash or water your hair too. Use a swimming cap if you don't wish to wet your hair. In water gymnastics, you can also use a shower cap. Please tie long hair back. No bathing suit should be used in the sauna. Shaving, dying or cutting your hair, and nail/foot care or other similar things are not permitted in the swimming hall.

### **3. Swimming time**

The maximum swimming time is 2 hours. The cash desk closes 60 minutes before the swimming center closes, and swimming time ends 30 minutes before the swimming center closes.

### **4. Age limits**

Children under 7 years or non-swimmers can only swim if they are accompanied by another swimmer who is at least 15 years of age. Children over 7 years should use locker rooms of their own sex.

### **5. Swimwear**

You can enter the pool only in a swimsuit (not in shorts). The swimsuit should be made of swimsuit fabric, be skintight and have no pockets. It may have sleeves or legs. If necessary, you can rent a swimsuit at the cash desk. For small children, it is recommended to have a bathing diaper in addition to a swimsuit. Rented towels and swimwear are returned to the cashier.

### **6. Security**

Jumping into the pool is only allowed at the points marked on the poolside. The floor is slippery when it is wet, so please remember not to run or rush. Free diving is prohibited (dives over 25 m, long dives, and holding one's breath in the water). Traffic light rules are followed in the slides. For safety reasons, it is prohibited to go down the slide in a chain (several swimmers after one another) or headfirst. Swimming in the 25-meter pool and in the diving pool requires an ability to swim for at least 25 meters. It is prohibited to enter deep swimming pools with swimming floats on. Please remember that you are responsible for your own safety.

### **7. Valuables and lost property**

You should leave your most valuable items at home. The items you have with you should be kept in appropriate lockers. You can inquire about lost property at the cash desk. The service provider is not responsible for any lost property.

### **8. Personal belongings**

Lockers and storage lockers are only for day-time use. It is prohibited to leave any personal belongings and clothing in them overnight.

### **9. Liability for damages**

If the customer deliberately damages the equipment, property or movable property of the swimming center, (s)he is obliged to compensate for the damage in full.

#### 10. Photography

Photographing/filming on the premises with a camera, video camera, or a similar device or with a cellphone camera is prohibited without separate permission. Please do not take a mobile phone with you to the bathing or pool facilities.