

## Aqua Code of Conduct

1. All participants must have filled in the annual medical form sent to members through the post.
2. If you are unable to attend your class you **MUST** inform your instructor. ONLY if you are unable to speak to your instructor, should you call the co-ordinator. **Two unexplained absences means your place in the class will be given to someone on the waiting list.**
3. People on the waiting list will be offered any places that become available by those not attending. All filling of empty places **MUST** be organised through the Aqua-aerobics co-ordinator, **not instructors.**
4. All under 60's must pay the term fee at the beginning of the term. If fees are not paid after 2 attendances each new term, we reserve the right to give your place to someone on the waiting list. Fees are none refundable if participants lose their place through absences.
5. All participants must be ready to start the class on time, as classes will start at the advertised time. Latecomers risk losing their slot at the class.
6. All participants must wear appropriate swimwear, (swimming cap/hat in the G.S.L.A. big pool).
7. All participants must bring any medication that may be required with them to the sessions and **MUST** operate a "buddy system" whereby at least one other person in the class knows exactly where their emergency medical supplies i.e. asthma inhalers, angina sprays, hypo stop, aspirin etc., are on the poolside. This system must be made known to instructor.
8. All participants **must** shower before they enter the pool.
9. Only specialist water shoes to be worn in the pool (Check with Pool Manager/instructor).
10. No outdoor shoes to be worn on the pool side.
11. Entrance to the changing areas must take place through the appropriate entrance. **The register must be called by the instructor before the class begins.**
12. All valuables to be stored at owners own risk. We would strongly advise you to take your valuables with you to the poolside. (Some members have reported items that have gone missing in the cloakroom e.g. sunglasses, scarves etc.)
13. Participants must let the instructor know of any changes in their medical condition, short term or long term.
14. Participants should not take part in any exercises that causes acute pain hurt (discuss with instructor).
15. All participants are advised to join in, in a controlled manner, listening to their own bodies and only work at their own level, do not try and keep up with others or any fast music that causes uncontrolled twists and moves.
16. **Chewing gum will not be allowed in the pool. Please remove jewellery.**
17. No food is to be consumed in the pool area.
18. It is strongly recommended that participants bring with them a plastic bottle containing a drink to all sessions.

Thank you.

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