

# ATTENTION SWIM SAFELY

Please comply with the following rules

- Under 8's and non swimmers under 16 must be accompanied by a competent adult swimmer
- No more than two under 8's or non swimmers under 16 to each competent adult swimmer
- The competent adult swimmer must actively supervise under 8's and non swimmers under 16
- Under 8's and all non swimmers must remain in shallow water
- We strongly recommend under 8's and all non swimmers use armbands and/or an appropriate buoyancy aid

**Advice to adult non swimmers**

- It is recommended that non swimmers over the age of 16 are accompanied in the water by a competent adult swimmer.

Thank you for your co-operation and enjoy your swim!

