



## Safety Regulations

When you pay entrance or show your season pass you will get a key and are then allowed into the swimming and training hall.

### Swimming hall and dressing rooms:

- Always shower WITHOUT bathing suits or shorts before going into the pools.
- Use proper swimwear when bathing, NO underwear is allowed in the pools.
- If you don't know how to swim, or are learning to swim, stay on the SHALLOW end of the pool.
- Do not run inside the premises and only dive in the deep end of the pool.
- Use a towel to sit on in the sauna, bathing suits or shorts are NOT allowed.
- Outdoor shoes are NOT allowed in the swimming hall.
- Smoking, use of alcohol or other drugs are NOT allowed.
- Keep a comfortable noise level, do not scream.

### Training hall:

- Only INDOOR shoes are allowed in the training hall.
- Do not enter the training hall when wet.
- Replace everything to its rightful place and wipe of the machines after usage.
- If your under 12 years old you need adult supervision in the gym.

**If these rules are not followed and you have been told by staff a number of times, it may cause suspension from Skinnarbadet**

Welcome!

