



Healthy competition is important but fund-raising for charity is the reason we are having this Swimathon. So relax and HAVE FUN!

Stay hydrated, drink plenty of water and keep your energy levels up.

There is a refreshment bar at The Link but you can bring your own drinks and snacks if you wish.

A Link Centre Lifeguard will be on duty at all times.

Rotary Club Stewards will be on duty throughout.

Always be alert to any instruction given by the Lifeguards and Stewards, they will be happy to offer guidance to swimmers and spectators.

Be aware that the deep end of the pool has a depth of 2 metres.

Spectators can enter the changing and pool areas but MUST wear overshoes, flipflops or have bare feet. (Free overshoes are available The Link Centre).

There are a few rules for you to note:-

- Each team to swim in relay style for as long as directed (no more than 1 hour).
- More than one team member may be allowed in the pool at a time.
- It is the team's responsibility to decide their order of swimming and how many lengths each member does.
- Rotary Club Stewards will count and verify the number of lengths each team member completes.
- The Stewards' decision will be final and cannot be disputed.
- The Link Centre pool rules are displayed and will be enforced.
- Swimmers are requested to shower before using the pool.
- No outside footwear is allowed in the changing rooms and pool area.
- Pool users, their supporters and spectators must comply promptly with any instructions given to them by the Lifeguards, Link Centre staff and the Rotary Club Stewards.
- During the Swimathon only Registered Team Entrants may use the pool.
- Diving is not allowed.
- The use of floatation devices or swimming aids is not permitted.
- Children under 12 years old must be accompanied and directly supervised by an adult at all times.
- A maximum ratio of 1 adult to every 3 children will be monitored and enforced.
- Anyone suspected of having consumed excess alcohol or eaten a heavy meal will not be permitted to swim or to enter the pool area.