

Sai Kung Outdoor Recreation Centre

Notes to Swimmers (Applicable from April to October)

1. Please keep the changing rooms and toilets clean and tidy.
2. DO NOT spit, litter, eat, drink or smoke.
3. Before you enter the pool deck area, make sure you put on a proper and clean swimming suit. If you prefer to wear a T-shirt while swimming, bring along a clean white T-shirt to put on in the changing room.
4. Please wash your body thoroughly in the changing room.
5. Please walk through the shower bath and footbath containing chlorinated water and rinse your body to remove dirt.
6. Please only bring in clean clothing and personal belongings to the pool deck area.
7. On the pool deck area, do not wear shoes/ slippers that are worn outside the precincts of swimming pool. If necessary, please bring along another pair of clean slippers, scrub the bases against a mat provided inside the changing room and spray thoroughly with water to remove any dirt. Wear your slippers to walk through the footbath and enter the pool deck area.
8. Children under the age of 12 are not allowed to enter or use the swimming pool unless accompanied by an adult.
9. If you feel unwell, vomit or have symptoms of diarrhoea, fever, coughing, sneezing, Hand, Foot and Mouth Disease, Red-eye Syndrome or skin infection, do not enter the precincts of swimming pool.
10. Do not rely on swimming aids.
11. Warm up before you swim.
12. Do not swim immediately after a meal.

13. Do not dive into the swimming pool or run on the pool deck area.

14. Take good care of your children.

Please observe the above and help keep the swimming pool clean and hygienic

(November 2021 version)