

Tso Kung Tam 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. If you need to put on a T-shirt while swimming, bring along a clean white T-shirt.
4. Please wash your body thoroughly in the changing room.
5. Please walk through the shower bath and footbath and rinse your body to remove dirt.
6. In order to keep the pool deck clean, please do not wear footwear in the area. If necessary, please bring along a pair of clean slippers. If you have not brought along a pair of clean slippers, please put on a pair of shoe covers over your footwear.
7. Children under 12 years old are not allowed to use the swimming pool unless accompanied by adults.
8. Persons having fever or suffering from Acute Infectious Conjunctivitis (Red Eye Syndrome), gastroenteritis, “Hand, Foot and Mouth Disease”, has an open cut or wound, contagious skin diseases or other communicable diseases are not allowed to enter the precincts of the swimming pool.
9. Do not rely on swimming aids.
10. Warm up before you swim.
11. Do not swim immediately after a meal.
12. Do not dive into swimming pool or run on the pool deck area.
13. Take good care of your children.

14. No person over the age of 8 or of a height exceeding 1.35 metres shall be allowed to enter or stay inside the changing room of the opposite sex.
15. No video recording or photo-taking.

(Revised as at July 2026)