



ESPOO  
ESBO

**Espoo**

*liikkuu*

# Swimming pool rules and regulations

- The total time for swimming is 90 minutes, including the time you spend in the changing room. You may be charged an additional fee if you exceed this time limit.
- Wash yourself thoroughly before entering the sauna or the pool. Take off your swimwear before taking a shower or going to the sauna. Wet your hair or use a swimming cap.
- Shaving body hair, dying or cutting your hair, and nail and feet care are prohibited.
- Persons with contagious diseases are not allowed to enter the changing room, the washing area or the pool area.
- The use of intoxicating substances is prohibited. Intoxicated persons are not allowed to enter the swimming hall.
- Smoking, snuff and chewing gum are not allowed.
- Running and noisy and other disturbing behaviour are not permitted.
- Inappropriate behaviour is forbidden.
- Always wear a swimsuit when you enter the pool area or the water.
- Parents are responsible for their children. Children aged 7 and older must use the changing and washing rooms designated to their gender. Persons who cannot swim or are younger than 10 must be accompanied by a person who is older than 15 and able to swim.
- The ability to swim means being able to swim a minimum distance of 25 metres unaided.
- Swimming aids may only be used in the teaching and wading pools.
- Diving into the pools is only allowed when authorised by a lifeguard.
- The use of diving equipment and ball games are not permitted outside the time slots reserved for these activities, unless you have a special permission from the personnel. Training equipment may only be used in the designated swimming lanes.
- When groups, schools and clubs train in the swimming pool, a person in charge of supervision must be present at all times.
- Photography is prohibited in the changing and washing areas. Photography is only allowed in the pool area with a permission from the personnel.
- Everyone visits the swimming pool at their own risk and is also responsible for their clothes and other belongings during the visit. Please bring any found items to the personnel.
- Always obey the instructions and orders that the personnel gives to ensure order and safety.
- A person or a group that violates these rules or does not follow the instructions or orders given by the personnel may be ordered to leave the swimming pool and may be banned from the premises for a fixed period of time.

**In addition to these rules, the following rules apply:**

## LEPPÄVAARA SWIMMING POOL AND LIDO

- Pool floats are not permitted in the multi-purpose pool or the therapy pool.
- The users of the water slide must follow the water slide instructions.
- When the lido is in use, swimming times are not limited.