



CIRCULAR

SOP

SWIMMING POOLS AND SWIMMING

As part of the phase-wise opening of the facilities in the Club, the Indoor Swimming Pool shall be opened for swimming activities from Saturday, 06 February 2021, subject to the strict adherence of the following compliances, in addition to the protocols of COVID – 19.

1. Guests are not permitted to enter the Pool, till further instructions.
2. Undermentioned category of Members / Dependent Members not permitted to enter the Pool.
 - (a) Above 65 Years of Age.
 - (b) Below 10 Years of Age.
 - (c) Having underlying medical conditions or comorbidites.
 - (d) Pregnant Ladies.
 - (e) If suffering from cold, cough and fever.
3. On every occasion / visit for Swimming, submission of declaration of fitness in writing, mandatory. Form available at Reception. Form will be required to be handed over to the Life Guard, before entering the Pool.
4. In the Dressing Rooms,
 - (a) Alternate shower cubicles and wash basins to be used.
 - (b) No sharing of towels or toiletries.
 - (c) Inter se distance of 6 Feet to be maintained when changing or sitting.
 - (d) Waste bins to be used for disposal of used items.
5. Proper shower to be taken before entering and after exiting the Pool.



6. Thermal screening before entering the Pool mandatory.
7. Swimming to be confined to lanes, in opposite direction in alternate lanes.
8. If Pool's water enters mouth, throw it out in the Pool's peripheral drain. DO NOT ingest Pool's water.
9. Non Swimming Members, sitting on the deck around the Pool, to maintain inter se distance of 6 feet, with face masks / shield being worn.

The foregoing notwithstanding, while every effort will be made to maintain the hygiene and sanitation of the Pool, Swimming will be at Members' own risk.

04 February 2021.

Col A K Singh (Retd)

Secretary