

Pool Rules

Ballarat Aquatic & Lifestyle Centre requests that patrons abide by the following pool rules when swimming at our Centre, which promote a safe environment, equity and a positive experience for all.

- Children under 5 years within arms reach of a parent or guardian at all times.
- Children under 10 years must be actively supervised by a parent or guardian at all times.
- No running, flips, rough play, shoulder rides, sitting on lane ropes, playing in ramp, swinging on backstroke flags, sitting on multipurpose wall, balls in multipurpose pool, balls during aquatic classes, or slam dunks on basketball ring.
- No offensive language.
- No excessive public displays of affection.
- Children under 16 years not permitted in the hydrotherapy pool unless medically certified.
- Photos and videos only allowed with the approval of BALC staff and under their supervision.
- Please ensure toddlers are wearing swim nappies.
- No food or drink to be consumed in pools.
- Lap lane etiquette: swim to left side, choose appropriate lane.
- Diving permitted only in 50m pool and deep end of 25m pool.
- Spa and steam bands must be worn when using these areas.
- Follow lifeguard instructions at all times.

3 WHISTLES = EVACUATION