

# Welcome to OCBC Aquatic Centre

## General Information



The OCBC Aquatic Centre has Conditions of Entry available on [www.sportshub.com.sg](http://www.sportshub.com.sg) and pool policies and procedures to promote a safe and pleasurable swimming experience. This General Information is not meant to be exhaustive and the management reserves the right to amend policies and procedures at any time without notice.

In the event of any inconsistency between the provisions of the applicable Conditions of Entry and this General Information, the provisions of the Conditions of Entry shall prevail Information to the extent of such inconsistency.

Management reserves the right to deny entry or remove any person that may put patrons or the facility at risk. For more information, please contact our customer care counter at 6653 8900.

### **Opening Hours**

- (a) Daily from 7am-10pm including public holidays
- (b) Last admittance into the facility is 15 minutes before pool closure
- (c) All patrons are required to clear the pool 5 minutes before closing hours
- (d) OCBC Aquatic Centre may be closed for events or maintenance at any time, kindly visit [www.sportshub.com.sg](http://www.sportshub.com.sg) for operating hours

\*Competition pool (3.0m deep) is open on selected days only. Please refer to [www.sportshub.com.sg](http://www.sportshub.com.sg) for more details. Patrons must be aged 16 and above to swim in the competition pool.

### **Pool Admission**

- (a) Patrons will need to purchase a ticket from the Information Counter before entry
- (b) Swim passes are available for purchase from the customer care counter
- (c) Strictly no viewing and no spectators are allowed on the pool decks for health and safety reasons
- (d) Lockers are provided free of charge in the changing rooms and must be cleared out by the end of day
- (e) Patrons are responsible for their personal belongings. SportsHub will not be liable for any lost/stolen belongings
- (f) OCBC Aquatic Centre lifeguards reserve the right to conduct a swim test on any patron at any time if their swimming proficiency is in any doubt
- (g) Management reserves the right to limit entry when the pool is over capacity for safety reasons
- (h) Private coaching for personal gain or commercial activities are prohibited
- (i) For groups with 8 or more people, sports facility bookings are required 14 working days in advance via the Information Counter, or email your enquiries to [ocbc.aquatic-centre@sportshub.com.sg](mailto:ocbc.aquatic-centre@sportshub.com.sg)

## **Public Swimming & Aqua Fitness Programmes**

- (a) Training Pool: 8 lanes x 50m (Depth: 1.35 - 2.0m)
- (b) Lap lanes are for lap swimming or aquatic exercise only (unless otherwise designated)
- (c) Aqua fitness programmes with music may be conducted at any time during operational hours. For more details on the programmes on offer, please approach the Information Counter or visit [www.sportshub.com.sg](http://www.sportshub.com.sg)
- (d) Lanes will be cleared 15 minutes before the start of the programme to prepare for set up

### **Lap Swimming:**

For an optimal workout and experience, we recommend 10 swimmers per lane.

Patrons must follow lap swimming etiquette (see Appendix) and lifeguard instructions at all times.

Lanes are labelled to facilitate traffic flow in the water:

- (a) Open Swim: recreational swimming
  - (b) Slow: Laps slower than 3 minutes
  - (c) Slow / Medium: Laps slower than 2 minutes
  - (d) Medium/fast: Laps faster than 60 seconds
  - (e) Fast: Laps faster than 45 seconds
- Swimmers may be reallocated to an appropriate lane by lifeguards when necessary
  - Private lap swim (you can bring up to 3 friends) is available via [www.sportshub.com.sg](http://www.sportshub.com.sg)
  - Bookings can be made up to 1 week in advance and are subject to availability
  - Bookings begin on the hour and lanes will be held for 15 minutes only

### **DO'S**

- Enter and exit swimming pool through changing rooms only
- Patrons aged 6 years or older must get changed in gender appropriate changing rooms
- Kickboards, pull buoys, swim paddles, snorkeling equipment, fins (rubber and silicone fins not longer than 8" only) and weight belts for training purposes
- Swimwear of colourfast and lightweight material suitable for swimwear such as lycra, spandex or nylon
- Appropriate swimwear includes:
  - One and two piece swim suits
  - Swim trunks, jammers, swim board shorts
  - Rash guards/Wetsuits
  - Hijood/burqini or other approved Islamic swimwear
  - Swim waterproof nappies for non-toilet trained kids
- Lifeguards reserves the right to stop any swimmer in inappropriate attire

## **DONT'S**

- Lane lines are not weight buoyant. Do not hang onto lane lines.
- List of prohibited behaviours and items at OCBC Aquatic Centre include but not limited to:
  - Competitive or repetitive underwater breath holding or underwater distance swimming
  - Private coaching or any commercial activity for private gain
  - Spectators on pool deck
  - Inflatable floatation devices- e.g. arm floats
  - Life jackets that are not Safety of Life at Sea (SOLAS) approved
  - Professional cameras, lens, videography and underwater photography
  - Food and drinks, smoking and alcohol (except plastic water bottles)
  - Bicycles, scooters, skateboards and roller blades
  - Spitting, spouting water, blowing nose and urinating in the pool
  - Gym shorts, sports bra, regular diapers and any attire that is deemed inappropriate by management/lifeguards
  - Footwear, heels and clothing on pool deck
  - Use of starting block, diving, pushing, running, horseplay, wrestling and dunking
  - Pets
  - Patrons suffering from open wounds, eye/skin infections and communicable diseases will not be allowed to swim

## **Pool Safety & Adult-Child Supervisory Ratio**

- (a) All patrons must adhere to the adult-child supervisory ratio stated below
- (b) Each ratio indicates the maximum number of children that one responsible adult (aged 18 or older) is able to supervise.

**Parent/guardian must be in proper swim attire in the water, actively participating within arm's reach at all times where applicable:**

<b>Age</b>	<b>Information</b>	<b>Admission requirements</b>	<b>Adult:Child ratio</b>
5 and under	Adult must be in water	Always accompanied within arm's reach at all times	1:2
6-12	Adult must be in water	Always accompanied	1:4
13-15	Adult must be in water if child is not proficient	Always accompanied	1:8 if child is not proficient
13-15	If child is proficient, adult does not need to be in water	Does not need to be accompanied	N/a

*\*Proficient swimmer: able to swim 50m continuously using a recognised stroke*

High-risk participants must be in a ratio of 1:1 and include persons:

- (a) Having a condition or illness that may put them at risk in an aquatic environment (e.g. frequent seizures, fainting conditions, etc.)
- (b) Unable to control behaviour or impulses and require direct supervision
- (c) Unable non-swimmers

## Lap Swimming Etiquette

### Enhancing the aquatic experience of all patrons

Lap swimming can be enjoyed by many patrons at the same time. We recommend ten swimmers in each 50 metre lane for an optimal workout and swimming experience. To maintain order, we must agree to observe lap swimming etiquette. Do not inhibit the progress of others sharing the same lane as you.

#### Entering the pool:

- Take note of lanes marked- “slow” “slow/medium”, “medium/fast” and “fast”.
- Select a lane most suitable to your swimming speed.
- Approach a lifeguard for assistance should you need help selecting an appropriate lane or the lifeguard could ask you to move if your speed is not similar to those in your lane.
- Always enter the water feet first and be clear of other swimmers who are already occupying the lane. If there is a swimmer approaching the wall as you are preparing to enter, wait until they have started their next lap before entering.

#### Passing:

- If you need to pass in your lane, move up to the swimmer and tap his/her foot. It is inappropriate to grab, pull, or tickle the person. A tap is a clear indication of your presence and intent to pass.
- If your foot has been tapped, there is no need to stop. Slow down and allow the swimmer to overtake.
- If the indication to pass occurred right before the wall, pause at the wall in the right hand corner to allow the swimmer to advance through his/her turn.
- If you are passing a swimmer, overtake on the left after you have indicated your intent by tapping his/her foot.
- A pass must be initiated in time to overtake the slower swimmer before the wall. In a case of ambiguity approaching the turn, the swimmer whose head is closest to the wall has the right of way and the swimmer whose head is behind must stop the turn in the interest of safety.
- Slow swimmers starting a set or swim should wait until faster swimmers have passed and push off to begin theirs.

#### Common Courtesies:

- If the pool is busy, those swimming in lanes by themselves or with one other person may want to stay circle swimming (refer to diagram 1 in Appendix).
- Always start, turn, and finish at the wall. This will enhance your fitness and keep clear communication within the lane.
- When switching lanes, exit the lane at the shallow end, walk to the desired lane, and enter feet first. Never slip under a lane rope to switch lanes; this is dangerous and disruptive to the traffic pattern in the lane being entered.
- Smile and enjoy your workout. When we work together, lap swimming can be a wonderful experience for all levels of needs and fitness.



Circle Swimming (refer to diagram 1 in Appendix):

- Unless the lane has only two people in it that would rather split the lane, circle swim.
- The customary traffic pattern of staying to the right. This means swimming in a counter- clockwise circle in the lane.
- It is the responsibility of the swimmer entering the lane to be sure all other swimmers in that lane are aware of his/her presence and the desired or necessary traffic pattern before any swimming is started by that patron. This may take a few minutes, so be patient.
- Always swim complete laps of the pool. Avoid stopping in the middle of the pool for any reason, as this can interfere with others progress and cause collisions.
- Stop only at the wall, and once stopped, stay in the corner of the lane, preferably the left hand corner (from the perspective of the approach to the wall). Other lap swimmers need space to turn. Always leave the middle of the wall clear for turning purposes.
- Be aware of your space in the lane and the orientation of others.
- If you are approaching the wall and another lap swimmer is swimming at a faster rate than you are, pause at the wall to allow the faster swimmer to pass.
- If more than one swimmer is getting congested behind a slower swimmer, the lead should stop at the wall and let all the others advance before pushing off the wall to continue his/her swim.

Appendix

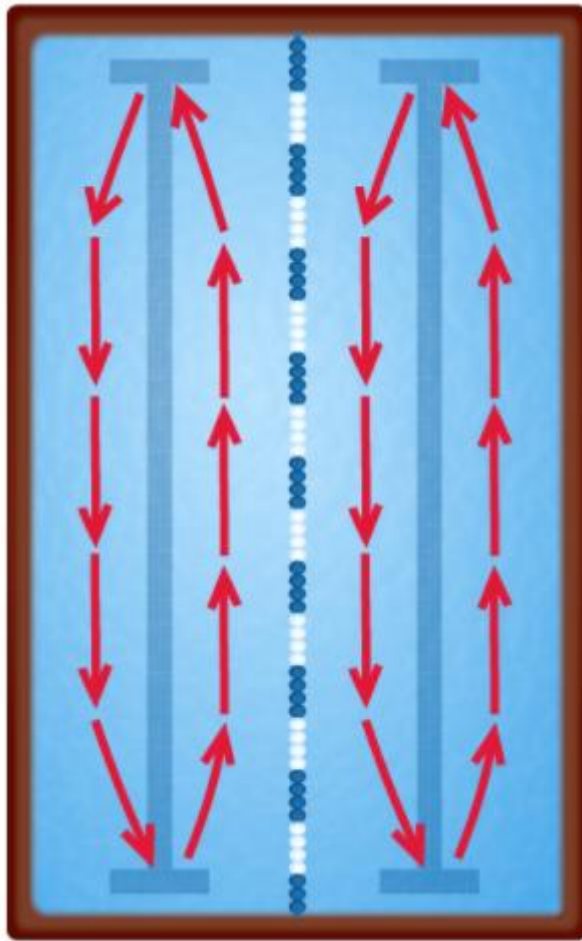


Diagram 1: Circle Swimming