



## Välkommen till Simklubben Poseidon!

Below is general information that we are grateful if you carefully read through and follow.

### **RULES IN ALL SWIMMING HALLS:**

**Shower properly without swimwear before training. This is very important, as otherwise it can come e.g. soil bacteria in the water.**

- **One** accompanying guardian can follow into the changingroom if necessary and leave the child by the pool with the coaches. You are not allowed to be present inside the poolarea during training. We kindly ask all parents to wait outside, preferably outdoors. As earlier this year, it is extremely important that we continue to keep our distance from each other. When the training is over, you can meet your child again at the poolarea.
- You are not allowed to run in the poolarea due to non-slip.
- Feel free to use a swimming cap when swimming to avoid hair in the eyes and for hygiene reasons.
- If there is something special we should know about your child, we are grateful if you talk to the coach about it or email the office.
- We reserve the right to make changes to any events. Information will on such occasions be sent out via email or text message. Feel free to look in the attached semester calendar.
- If there are "accidents" in the pool that cause the swimming pool need to be cleaned, we may be forced to cancel the lesson. This counts as Force Majeure, which means that we cannot replace the missed course opportunity or give refunds.
- If you want to swim before or after your lesson, you must buy an entrance ticket at the reception, the same applies to parents / companions if you want to swim during the lesson.
- When showering with children, in changing rooms for the opposite sex, the child's maximum age is set to 7 years. If older you can use the flexi changing rooms that are available.
- You are not allowed to use mobile or other screens in the swimming hall. You are not allowed to take photos, and we kindly ask you to respect this. Poseidon trainers are allowed to use screens as work material for e.g. to register presence or alarm in case of emergency.

### **DELPINBADET:**

If you want to swim at the same time as your child, you must arrange admission for you. Locks must be included if you want to lock the cabinets.

### **HABO GÅRD:**

At Habo, parents swim with their children on Splash and Play and Mini Splash due to the depth of the pool. Parents must bring swimwear. Your own lock must be brought if you want to lock the lockers, bags must not be brought into the pool.

### **IMINI PLASK:**

All children who are going to go Miniplask (who usually have a diaper) must have a special baby swimming trunks. Available for purchase in Poseidon's Badshop or at [www.badgrejor.se](http://www.badgrejor.se)



### **INFO REGARDING ENTRANCE BAND AT HÖGEVALLSBADET:**

If you already have a yellow entrance band, it must be reprogrammed at the reception at Högevallsbadet so that it matches the training times this semester. If you do not have a band, this must be bought at the reception (SEK 120). Previously, it was a deposit fee, but it has been politically decided that the entrance ticket now must be purchased. The entrance band is needed to be able to take you in and out through the gate at Högevall and to the lockers in the changing rooms. The first week it can be difficult for the staff to have time to program all the bands and then it may be that you get a one-time band at this time. Please arrive in good time for the first lesson.

The entrance band is registered with entry and exit 30 minutes before and 30 minutes after your lesson. Each band has two entrances registered, which means that you can let your child in through the spinner first and then "blip" once more and go through it yourself. The same applies at exit. This must be done at the same time, otherwise both can't enter. Accompanying guardian can go in and out through the gate by asking the staff at the reception to open for you.

### **PAYMENT:**

The invoice that is emailed to you after the start of the course contains all relevant payment information. You must be a member of SK Poseidon for insurances etc. to apply. Membership fees per calendar year are SEK 200, regardless of when in the year you start. We already want to inform you that from the spring semester 2022, we will offer new digital payment methods to our members, all so that we as an association can digitize and simplify our administration. For you as a member, it means a smoother experience when registering and paying, as well as several payment methods.

### **CANCELLATION:**

Cancellation of booked place must be no later than THE DAY BEFORE the start of the course, otherwise you will be charged regardless of whether you participate or not. Should complications arise, we will of course look at each individual case and make an assessment. We have such a great demand for our courses and it is annoying if you do not show up despite a booked place. Please respect this.

[During the semester, we will also take photos of Poseidon's swimmers, which we use on social media and website. If you do not wish to be seen, we are grateful if you let us know.](#)

Have you seen our shop at the office at Högevallsbadet? You can also shop in the webshop, visit [www.badgrejor.se](http://www.badgrejor.se)

Contact us:

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**Welcome to the autumn semester 2021!**

*Sincerely, Simklubben Poseidon*