

# DEFENCE RAYA

DEFENCE RAYA GOLF & COUNTRY CLUB

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## SOP Swimming Pool

- Swimming Pool will remain operational for members from 06:30 am to 10:30 pm.
- All members are requested to adhere to the dress code. Proper swimming costume must be used for swimming. Members with long hair specially females must use swimming cap.
- Members, their spouses and children can use Swimming Pool subject to payment of such charges as prescribed by the club authorities. They are also required to pay for the coaching charges if they use coaching facilities.
- Children under 10 years of age are only allowed under supervision of parents.
- Children below 4 years are not allowed in main swimming pool. There is a separate pool for young children adjacent female pool area. Children not toilet trained, must use specially designed swimming diapers.
- Male children above 5 years are not allowed in female swimming pool and vice versa.

- Members should bring their membership card while visiting the sports facilities.
- Members can bring their guests after paying guests charges. Guests are only allowed from Monday to Thursday and must be accompanied by the member.
- Member's male children between 21 to 30 years of age who has not paid extension fee, exceed the age of thirty or gets married will be charged as guests. As of female children if she gets married then she will be charged as guest.
- All maids, servants and drivers must stay in the designated areas and must not visit sports areas.
- No pets are allowed inside club premises.
- Eatables except water are not allowed inside swimming pool.
- Members are requested to show proper etiquettes and manners. No littering, spitting, loud noises, answering mobile phone with loud voice on pool side, disturbing others etc.
- Please take care of other member's privacy in lockers, showers and changing room area.
- No shoes/slippers beyond designated area on pool side.
- Members must be polite with the staff present at the facilities. Coaches and the life guards are there to help the members. They must not be taken as member's personal servants.
- Any individual with physical disability must have an adult's supervision.
- Members must not bring unauthorized equipment to be used in swimming pool.
- Members must use swimming pool for maximum forty minutes during rush hours and let other members use the facility.

- Swimmers doing lengths must do it in the lanes. Do not cross lanes to disturb other members. No games are allowed such as Water polo etc which can disturb the members.
- Do consult your coach before starting any vigorous exercise to prevent medical emergency.
- Towels are provided in swimming pool. Members are requested to deposit towels back to used towels bin placed outside the changing rooms.
- Don't leave your clothes or other valuables unattended in changing room or shower. Please place your belongings in lockers.
- Photography is strictly prohibited inside Swimming Pool.
- Take care of your valuables. DRGCC is not responsible for any loss or damage to members personal belongings.
- Lockers are available for the members. Members can get locker keys from the reception. In case of loss of keys, the members will be charged Rs 500/- for procurement of duplicate key.
- Entire sports area is no smoking zone.
- Female Swimming Pool is out of bound for males and vice versa.
- Members with skin or transmissible disease must not visit DRGCC for safety of other members. They must get certificate from the doctor.
- The lifeguards will remain present in swimming pool during pool open timings. If due to extreme unavoidable circumstances lifeguard is not available then the members will not be allowed to enter and the pool will be closed temporarily.
- Please conserve water while taking showers etc.

- Suggestion/Complaint register is available at the reception.
- Coaching and guest charges are attached.

## **Sauna/Steam Room**

- The temperatures of the rooms are maintained as under:-
  - Sauna Room - 74 °C to 85 °C (165 °F to 185 °F)
  - Steam Room - 38 °C to 43 °C (100 °F to 110 °F)
- Don't use the sauna/steam room with empty or full stomach, wait for an hour after the meal.
- Take a shower before entering sauna/steam room.
- Use sauna/steam room for 10 to 15 mins at a stretch.
- Rest for at least 10 mins after using the facility. Drink plenty of water before and after the sauna/steam room.
- If you have any medical problem then avoid using sauna/steam room.
- All members use sauna/steam room at their own risk. DRGCC is not responsible for any loss associated with use of these facilities.
- Children under 16 years are not allowed to use these facilities.
- Electronic equipment such as mobile phones cameras etc are not allowed inside sauna/steam room.
- Do not open the door for longer duration so that the temperature is maintained for other members.
- Pour only one or two cups of water to generate steam in sauna Room.
- In case of any emergency leave the room immediately.

- Wear towel/ gown or loose dress so that you may sweat easily.
- Remove watch, ornaments etc. before using sauna/steam room. Do not take slippers in sauna room.
- Please be polite to others members using sauna/steam room.

30 July 2024

A handwritten signature in blue ink, appearing to read 'Naveed Mukhtar', with a horizontal line underneath.

Maj (Retd)  
Asst Secy Sports DRGCC  
(Naveed Mukhtar)