MACPool Pool Rules

These rules apply to everyone using the pool. Last updated 3 August 2026.

- No pushing or throwing in.
- No running.
- No bombing.
- No excessive splashing.
- No ducking.
- No bullying or fighting.
- No food or drink to be consumed in the pool hall or changing area. Water/sports drinks are permitted provided a plastic or metal bottle is used.
- No diving into water less than 1.5m deep unless under training from a professional instructor or qualified and part of a swimming event (i.e. Swimming Gala).
- No dives allowed from blocks unless part of an instructor led session.
- No running dives, backward dives or dives without hands in front of heads.
- No somersault entries.
- No indiscriminate diving.
- No prolonged swimming underwater unless part of a supervised session.
- No jewellery to be worn in the pool (except small stud or ring earrings, wedding and engagement rings, watches, light necklace etc.).
- No jumping onto floats from the poolside.
- No standing on floats.
- No throwing.
- No excessive shouting.
- No swearing.
- No heavy petting.
- No masks, snorkels and/or fins during public sessions.
- No monofins.

MACPool reserves the right to refuse admission. Mid Argyll Community Enterprises Ltd. Charity No: SC020084.