

Swimming Technical Regulations for Private Clubs











A	Technical Requirement
1	Coaches
2	Facilities
3	Equipment
4	Safety
5	Competitions

В	Administrative Requirement		
6	Membership		
7	Fees		
8	Violations & Penalties		

A/ Technical Requirements







1. Coaches

- 1.1 Instructors or coaches: No sports club has the right to contract with a swimming instructor or coach without a written permit from the Saudi Swimming Federation, to accredit their certificates and their technical knowledge in training «Swimming instructor or swimming coach 1st level, 2nd level and 3rd level Certificate» (Certificates and contact information shall be sent to: secretariat@saudiswimming.sa to obtain the accreditation).
- **1.2 Lifeguards:** No lifeguard is allowed to practice as a lifeguard without a valid Life Saving and first aid certificate accredited by the Saudi Life Saving Federation.

1.3 The regulations to qualify the lifeguards and coaches:

- Recertify the Life Saving certificate for all lifeguards once every two years in accordance to the ILS Regulations and Training Competencies.
- Recertify Swimming coach and instructor certificate once every 3 years.







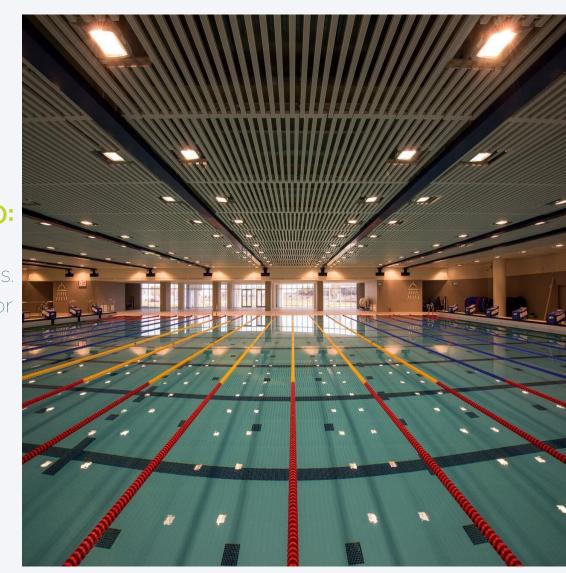


2.1 Communication channels inside the pool:

- o Internal and external phones.
- o Whistle.
- Handheld radio.

2.2 The Pool Usage Instruction Signage Manual (facility):

- **2.2.1** Swimming regulations must be clarified in an instructions board that can be viewed by all attendees.
- **2.2.2** Swimming pool administration is not responsible for anything missing inside the pool.
- **2.2.3** Jumping on the starting platform is strictly prohibited without the approval of the coach or the lifeguard.
- **2.2.4** No person shall be allowed to give learning or training sessions except the certified and authorised instructors and coaches.







2.2 The Pool Usage Instruction Signage Manual (facility):

- **2.2.5** People with an infectious and communicable disease are not allowed to enter the swimming pool.
- 2.2.6 Individuals shall take shower with soap prior to entering the swimming pool.
- **2.2.7** Any objects made of glass or sharp tools are strictly prohibited inside the swimming pools.
- **2.2.8** Individuals shall not be allowed to climb the barriers inside the pool, even temporarily.
- 2.2.9 Clothes must be changed inside the designated rooms.
- **2.2.10** Individuals must not contaminate the pool water in any way, these include (urine and soap residues etc)
- **2.2.11** Smoking inside the swimming pool is prohibited.
- 2.2.12 Running and screaming are prohibited.
- 2.2.13 Individuals shall not play roughly or violently which might lead to accidental injuries.
- 2.2.14 Taking Photographs inside the pool is prohibited.
- 2.2.15 Individuals who cannot swim must wear a swim belts for flotation.
- 2.2.16 Scrambling is strictly prohibited either inside or outside the pool.
- 2.2.17 Individuals must not tamper the rescue equipment.
- 2.2.18 Individuals shall not operate any electrical machine inside the pool.
- 2.2.19 It is not permitted to enter the swimming pool with street clothes.





2.2 The Pool Usage Instruction Signage Manual (facility):

- **2.2.20** individuals must maintain all facility services.
- **2.2.21** Swimmers shall promptly comply with the instructions and leave the swimming pool immediately if three long whistles are heard.
- 2.2.22 Individuals who does not respect the internal regulations of the swimming pool or annoy the swimmers must be excluded without any compensation, and the pool administration can litigate if they cause hazard, damage or harm to others.







2.3 Surveillance of the physical, chemical parameters in Aquatic Facility

Physico-Chemical analysis of water	Parameters	Recommendations	
Transparency	The lower pool lanes or a 0.3 m dark object shall be seen at its deepest point		
	5 6.9 7.7 8.5	If the PH is not at optimum level: check the PH pump, add fresh water to the pool, Pool Should Be Partially Drained if necessary	
PH	<u> </u>	Note: To improve the effectiveness of the chlorine, adjust the PH value between 7 and 7.3	
FREE ACTIVE CHLORINE	0.3 0.4 1.4 5	If FREE ACTIVE CHLORINE criteria is violated:	
MG/L		Test the chlorine pump device, tank, etc.	
CHLORINE AVAILABLE	○ 1 2 4 10 ○	Add fresh water and Partially Drain if needed to test the quality of water disinfection equipment (storage, expiration date)	
MG/L		Clean and disinfect the sewerage system.	





2.3 Surveillance of the physical, chemical parameters in Aquatic Facility

Physico-Chemical analysis of water	Parameters	Recommendations
		If COMBINED CHLORINE criteria is breached
		Add fresh water, Drain (discharge water for small pools and partially for other pools)
COMBINED CHLORINE		Improve the ventilation of the pond halls (maintaining ventilation at night,)
MG/L	0.6 0.8	Check the operation of the filters and the quality of the filter material, increasing the frequency of washing the filters if necessary
		Check the quality of surface cleaning and disinfecting products,
		Commit to the regulations of maximum pool capacity and maintain personal Hygiene





2.4 Swimming pool capacity (Facility):

- The official shall not allow swimmers to enter the pool if it reaches its maximum capacity.
- The World Health Organization promulgates the swimming pool capacity as follows:

Table 5.2. An example of maximum bathing loads ²			
Water depth	Maximum bathing load		
<1.0m	1 bather per 2.2m ²		
1.0-1.5m	1 bather per 2.7m ²		
>1.0m	1 bather per 4.0m ²		
² Adapted from BSI, 2003			

Note: During training sessions, the maximum number is one swimmer for every 6 square meters.





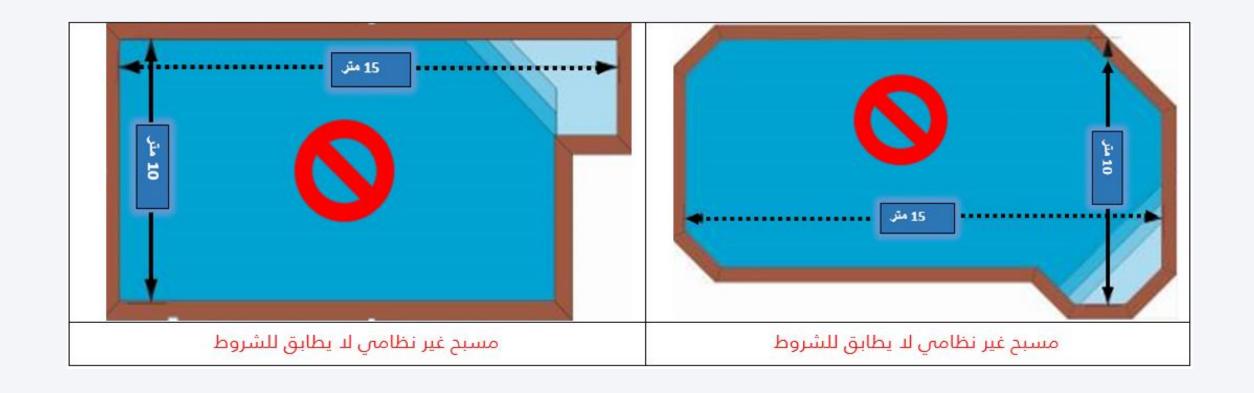
- **2.5** Dimensional Tolerances (facility) (Swimming, water polo) and its temperature: No accredited commercial club has the right to use a swimming pool that measured less than 15 meters x 10 meters.
- 2.6 Sizes of the diving pool: can be requested by sending an email to the Saudi Swimming Federation secretariat@saudiswimming.sa Or from the following International Swimming Federation: https://www.fina.org/sites/default/files/fina diving facilities certificate guide february 2020 0.pdf
- 2.7 Water temperature:
 - o During Training sessions, the water temperature shall be between 27 and 29 degrees Celsius
 - o During learn to swim classes, water temperature shall be between 28 and 30 degrees Celsius.
 - o During Recreational activities, water temperature shall be between 29 and 31 degrees Celsius.





Appendix A

Wrong shape - does not meet the requirements

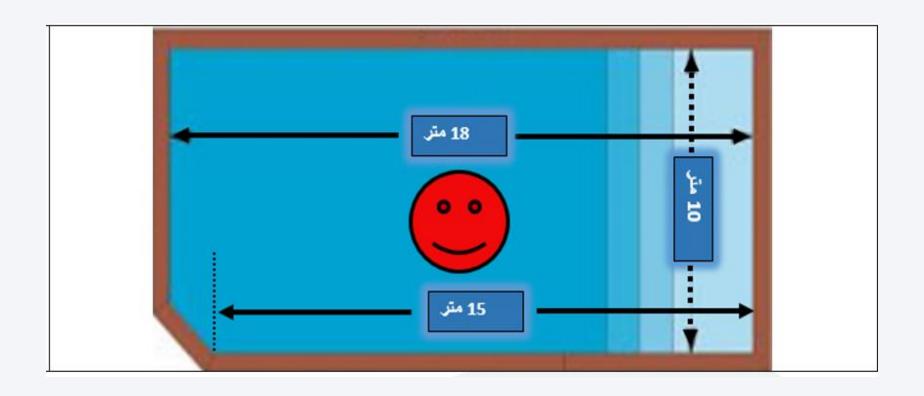






Appendix B

Approved swimming pool that meets the requirements







3. Equipment

3.1 The rescue equipment comprises:

1. lifeguard rescue hook

2. spinal boards

3. Stretcher

4. stiff neck collars

5. phlegm suction machine

6. General first aid kit

7. 5 liter Oxygen tanks

8. Ventilator

9. Defibrillators

Quantity: minimum 2 per swimming pool

Quantity: minimum 1

Quantity: minimum 1

Quantity: minimum 5

Quantity: minimum 1

Quantity: minimum 1

Quantity: minimum 2

Quantity: minimum 1

Quantity: minimum 1





4.1 Injuries and Incident Report Form:

- All incidents must be recorded on the report form.
- Evaluate the incidents monthly by the official in charge of the swimming pool and take the necessary measures to avoid any similar incidents.
- Submit an urgent report to the Saudi Swimming Federation and an enclosed copy to the Ministry of Sports when serious incidents occur.

4.2 Contact Information of The Concerned Authorities:

- o Civil Defense: 998
- Saudi Red Crescent Authority: 997
- o Police: 999

4.3 Swimming pool operating times:

- School days:
- o Holidays:
- o Days of summer vacation:

است	نمارة الإصابات والحوادث	
اليوم:	الساعة:	المكان:
بيانات المصاب:		
الاسم:	اللقب:	العمر:
العنوان:		الهاتف:
🗆 ينتمي إلى مجموعة تدريبية		
🗆 زائر (ترفیه)		
كيفية حصول الدادث		
🗆 غرق	🗆 جرح	□إصابة بالارتطام
🗆 إغماء "فقدان الوعي"	🗆 كىسر	🗆 بداية غرق
🗆 غرق خطیر	🗆 أخرى	
شرح كيفية الإصابة:		
الإسعافات التي تم تقديمها:		
اسم المنقذ		
التوقيع		





4.4 Activating the monitoring and lifesaving system in the swimming pool:

Lifesaving mechanism in case of serious injury or drowning.

4.4.1. The Instructions in case of one operational pool and one lifeguard:

- The lifeguard shall blow three long whistles, as an indication and warning of a serious incident.
- The lifeguard shall warn the swimming pool manager or his representative through the handheld radio.
- The lifeguard shall take the drowned swimmer out of the pool immediately and provide first aid at the edge of the pool (pursuant to the procedures approved by the International life saving federation).
- The manager or his representative shall call an ambulance personnel (Red Crescent Authority) or civil defense and vacate the swimming pool.
- The lifeguard shall provide first aid without stopping until the arrival of the emergency services.





4.4 Activating the monitoring and lifesaving system in the swimming pool:

4.4.2 The Instructions for two lifeguards:

- The lifeguard or coach shall alert the colleagues and attendees by blowing three long whistles and the lifeguard quickly heading directly to rescue the drowned or injured person and provide first aid (pursuant to the procedures approved by the International life saving federation ILS).
- The second lifeguard shall warn the swimming pool manager or his representative immediately via the handheld radio, call the ambulance or civil defense, then provide rescue equipment with the help of the first lifeguard until the arrival of the emergency services.
- The pool manager or his representative shall ask the workers for assistance to vacate the swimming pool.

Note: It is strictly prohibited to transport a drowned or injured person to the hospital in a private car.





4.4 Activating the monitoring and lifesaving system in the swimming pool:

4.4.3 If there are three or more lifeguards:

- The lifeguard or coach shall alert the colleagues and attendees by blowing three long whistles and the lifeguard quickly heading directly to rescue the drowned or injured person and provide first aid (pursuant to the procedures approved by the International life saving federation (ILS).
- The second lifeguard shall provide rescue equipment with the help of the first lifeguard.
- The third lifeguard shall call the civil defense or ambulance and vacate the swimming pool.
- The lifeguards shall provide first aid and assist the drowned person without stopping until the arrival of the emergency services..

Note: It is strictly prohibited to transport a drowned or injured person to the hospital in a private car.





4.4 Activating the monitoring and lifesaving system in the swimming pool:

- 4.4.4 In the event of a minor injury of a participant (wound or cut, epistaxis, etc.) resulting to a short absence of the lifeguard:
 - The first lifeguard shall give first aid and must alert the second lifeguard, coach, or instructor that he has left his position to be covered by the second lifeguard, coach, or instructor.

4.4.5 In the event of a minor injury of a participant or emergency resulting to a prolonged absence of the lifeguard:

- o In this case, a coach or an instructor must evacuate his swimmers out of the pool and preform the duties of the absent lifeguard.
- In the event that there are no coaches or instructors in the pool, the second lifeguard must evacuate and close the pool and contact the pool manager to quickly cover his absence and find an alternative lifeguard.

Note: In the event that there are no coaches or instructors in the pool, Do not set a minimum number of lifeguards (one lifeguard) for each swimming pool, always increase the number of lifeguards to cover any emergency absence, facilitate the process of running the lifeguards' work and avoid closing the pool.





4.4 Activating the monitoring and lifesaving system in the swimming pool:

4.4.6 Instructions and specification of responsibilities:

- **4.4.6.1** Place instructions board of the swimming pool opening times in clear location. If there is any change, it must be modified on the board.
- **4.4.6.2** No person shall be allowed to enter the swimming pool without completing the registration procedures.
- **4.4.6.3** lifeguard, coach and instructor shall wear a work uniform to be easily identified by the swimmers.
- **4.4.6.4** At the end of the session, coach and instructor must ensure that all members have left the swimming pool and entered the changing room.
- **4.4.6.5** Coach and instructor must check the number of his group members several times during the session.
- **4.4.6.6** Lifeguards shall be fully responsible for the safety and security of all swimmers.
- **4.4.6.7** The lifeguard must permanently be sitted on the lifeguard chair or in clear location that allows him to observe the swimming pool and its surroundings.
- 4.4.6.8 Ensure that all swimmers are out before closing the pool.
- **4.4.6.9** Lifeguards shall not be assigned to any tasks other than monitoring and lifesaving.





4.4 Activating the monitoring and lifesaving system in the swimming pool:

4.4.6 Instructions and specification of responsibilities:

- **4.4.6.10** Lifeguards shall inspect and check the availability of the rescue equipment every day before opening the pool.
- **4.4.6.11** The swimming pool official must be notified immediately if any of the rescue equipment is tampered.
- 4.4.6.12 The lifeguard must not leave his position without informing the staff.
- **4.4.6.13** The maintenance worker or lifeguard must analyze the quality of water every day before opening the pool.





- **4.5** Upon acceptance, the participant is required to submit a medical examination stating that he is medically fit and the club is held the full responsibility for that.
- ** For your convenience, we have prepared a ready-made first aid kit, to obtain it please click on the below:

 http://sfsm.org.sa/nafes/
- or contact directly the Saudi federation of sports medicine by email at gs@sfsm.org.sa
 - ✓ **Small Bag:** SAR 12,650 (up to 50 persons)
 - ✓ Large bag: SAR 14,375 (up to 100 persons)
- 4.6 Fire alarm system according to the requirements of the Civil Defense

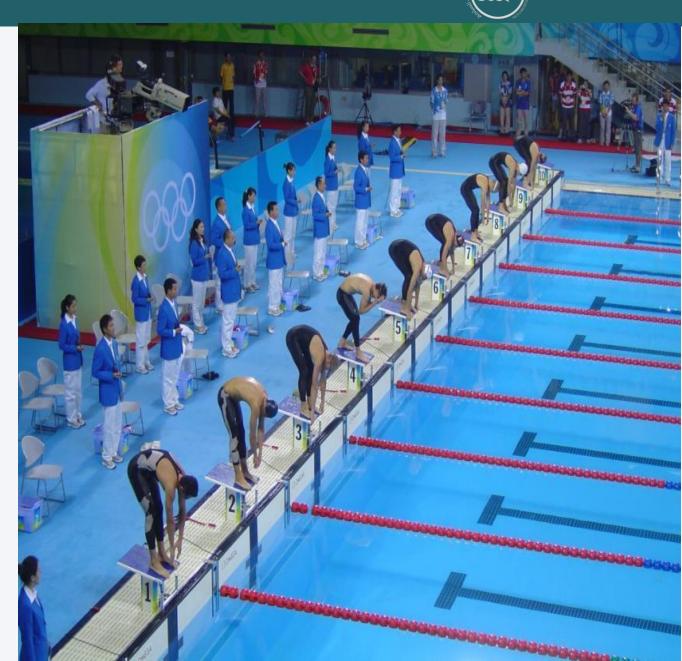






5. Competition

- **5.1** The Commercial Club shall officially request to participate in the tournaments.
- **5.2** Achieve the qualifying times for the participating tournament.
- **5.3** The Commercial Club shall register players in Team Manager system on the Federation's website: https://saudiswimming.sa/sasf1/
- 5.4 The terms and conditions of each tournament must be applied and followed as shown on the official website of the Saudi Swimming Federation https://saudiswimming.sa/sasf1/meet-files/







5. Competition

5.5 The Saudi Arabian Olympic Committee and Federations issues the conditions and instructions regulating the internal and external participations, whether in training camps, tournaments or competitions, and circulates them to the sports federations to work in accordance with them.



B/ Administrative Requirements







6.1 The membership application form shall be uploaded on the official website of the Saudi Swimming Federation: https://saudiswimming.sa/sasf/ Or any official method for the Saudi Swimming Federation.

6.2 Membership:

- **6.2.1** View and sign the regulations of the Saudi Swimming Federation through the website.
- **6.2.2** Must acknowledge and agree on the regulations and statute promulgated by the Federation on the website.
- **6.2.3** The applicant shall be notified of the Board of Directors' resolution within 15 working days commencing from the date of submitting the application on the website.
- **6.2.4** Saudi Swimming federation will send the approval by an official email and The commercial club will be listed in the list of the commercial clubs on the Federation's website and considered as affiliated with the Federation commencing from the date of the approval.





6.2 Membership:

- **6.2.5** In the event that the request is rejected by the Board of Directors, the reasons must be justified. The applicant has the right to appeal to the Disciplinary Committee within a period not exceeding 21 days commencing from the date of notification. If the request is rejected by the Disciplinary Committee, within 48 hours, the applicant can appeal within a period not exceeding 30 days commencing from the date of its notification to the Saudi Swimming Federation's appellate committee. If the request is rejected again by the appellate committee within 48 hours, the commercial club shall appeal to the sport arbitration center within a period not exceeding 22 days.
- **6.2.6** If the commercial club is not notified of the decision of the Board of Directors during the period referred to in clause (6.2.3), The commercial club has the right to grieve and claim to the Disciplinary Committee within a period not exceeding 30 days commencing from the date of submitting the request on the website. If the membership registration is not completed after 30 days, appellate committee shall hear objection and appeals against the decisions. In the event that the applicant has not received a response again within a period not exceeding 15 days after submitting the application to the appellate committee, the commercial club shall appeal to the sport arbitration center within a period not exceeding 22 days.





6.3 The Commercial Sports Club Responsibilities:

- o Pay the annual membership fee.
- o Register all participants on the Saudi Swimming Federation website.
- o Respect the principles, ethical values and sportsmanship.
- o Comply with lifesaving regulation and swimming pool requirements





6.4 Suspension of Membership:

- **6.4.1** The suspension of membership shall be subject to the following cases:
 - o If the annual subscription fee is not paid after the expiration of the specified notice which is not less than 90 days.
 - o Suspending or freezing the game in the Commercial Sports Club .
 - Failure to pay and register all participants of the Commercial Sports Club on the Saudi Swimming Federation website.
 - Failure to respond to the federation's correspondence within 90 days commencing from the date of the first communication e.g. e-mail. (The federation notifies the Ministry of Sports to suspend the membership)
 - The Commercial Sports Club shall not participate in the activities of the Federation for two full seasons, unless it justifies acceptable reasons to the Federation.
 - The Board of Directors shall issue a decision to suspend membership due to the stipulated causes, provided that the Commercial Sports Club shall be notified within 7 days from issuance date.
 - o If the Commercial Sports Club contravenes or neglects or fails to comply with or abide by any resolution, notice, and decision within (30) thirty days of being notified of the suspension decision, then the board of directors may take what it deems appropriate according to the case.





6.5 Revocation of Membership

6.5.1 Membership shall be forfeited in any of the following cases:

- o Contravene regulations or practice intolerance, violence or racism, inside the centers or camps.
- o Violate or breach the regulations and the requirements of Commercial Sports Club swimming pools.
- The Board of Directors shall issue its recommendation to the Extraordinary General Assembly to revoke the membership due to the stipulated causes, provided that the member is notified of this recommendation within 7 days.
- Plaintiff shall grieve and claim first to the Saudi Sports Arbitration Center within 22 days commencing from the date of the notification.
- Ministry of Sports shall be provided with a copy of the revocation letter and the supporting documents.
- The Commercial Sports Club may apply for a new membership after the revocation if the reasons has reached to final settlement.





6.6 Saudi Swimming Federation Membership Privileges:

- Provide the commercial club with the training program "Swim Star" accredited by the International Swimming Federation. It is a registered trademark of the Saudi Swimming Federation.
- o Provide the commercial club with evaluation report form for all levels.
- Participate in tournaments organized by the Federation according to the qualifying times for each championship.
- The commercial club swimming pool shall be inspected and approved by the certified expert from the Saudi Swimming Federation.





7. Fees

- 7.1 Payment (4500 SR) for annual membership on the website or any official source of the Saudi Swimming Federation which is (2000 SR for annual membership + 2500 SR for visiting and checking the compliance and adherence to the requirements thereof), the membership fee (2000 SR) will be reimbursed in case the application is rejected.
- **7.2** Commit to register all participants on the Saudi Swimming Federation website to monitor the implementation of the learning programs issued by the Federation. Pay 100 SR for the accreditation card for each participant. (The value of player registration is reviewed annually by the Board of Directors).

8. Violations & Penalties



8. Violations & Penalties

Violation items	1 st Time	Repeat Violation
1 Unavailability of rescue and lifesaving equipment.	2000 SR	5000 SR
2 Tamper or lack of rescue and lifesaving equipment.	2000 SR	5000 SR
3 Unavailability of an incident report form archive.	1000 SR	5000 SR
4 Unavailability of communication channels inside the pool	1000 SR	5000 SR
5 Not wearing the lifeguard authorized uniform.	Warning	2000 SR
Swimming pool instructions and bylaws are not displayed to all athletes in clear location	Warning	5000 SR
Failure to commit to the physical and chemical parameters of water quality	Warning + closing the swimming pool until the physical and chemical parameters of water quality have been applied	2000 SR + closing the swimming pool until the physical and chemical parameters of water quality have been applied
8 Failure to commit to the swimming pool capacity.	Warning + closing the swimming pool for (1) month	5000 SR + closing the swimming pool for (1) month
Contracting or employing coach and instructor without written permit and consent from Saudi Swimming Federation.	5000 SR + coach and instructor are subject to immediate suspension	10,000 SR + coach and instructor are subject to immediate suspension
Contracting or employing a lifeguard who does not have a lifeguard and first aid certificate accredited by the Saudi Lifesaving Federation.	5000 SR + lifeguard is subject to immediate suspension	10,000 SR + lifeguard is subject to immediate suspension





8. Violations & Penalties

Violation items	1 st Time	Repeat Violation
Failure to recertify the lifeguard certificate once every two years	1000 SR + lifeguard is subject to immediate suspension	5000 SR + lifeguard is subject to immediate suspension
Unavailability or limited number of lifeguards pursuant to the number of the swimming pools in the facility	15,000 SR + closing the swimming pool till the pool administration provides the required number of lifeguards	50,000 SR + closing the swimming pool till the pool administration provides the required number of lifeguards
Failure to recertify the coach and instructor certificate once every three years	1000 SR + coach and instructor are subject to immediate suspension	5000 SR + coach and instructor are subject to immediate suspension
Failure to renew the membership of the Saudi Swimming Federation	Warning	5000 SR
Failure to apply the Saudi swimming educational program approved by the Saudi Swimming Federation	Warning	2000 SR
Failure to register the Commercial club swimmers in the Saudi Swimming Federation.	Warning	500 SR for every unregistered swimmer
Any private entity or institution that implement swimming activities without obtaining the federation membership	Warning + Obtain the membership within 21 days	20,000 SR + entity or institution is subject to suspension
Organizing local, continental or international tournaments without written consent of the Saudi Swimming Federation	Warning + tournaments is subject to suspension	2000SR + + tournaments is subject to suspension

THANK YOU