

Rainbow Bedfordshire

LGBTQ+ Swimming
Guidelines



Rainbow
Bedfordshire

Please read the following guidelines before your first swim session:

- Do not take photos or videos of others whilst in the changing and pool areas.
- Do not discuss the names or details of fellow swimmers with others outside of the pool.
- Use the changing facilities you feel most comfortable in, and respect the privacy of others sharing this space.
- Follow the pool guidelines and signs.
- Raise any concerns you may have to our volunteers, we are here to help.
- We have a suggested donation of £2 a session, to be paid in either cash or card on the day. If there are any issues with this, please let us know.
- Ask our volunteers if you need further support, or if you have any suggestions for improvement.
- Most importantly, enjoy your swim!

Many thanks,

The Rainbow Bedfordshire Team

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@RainbowBedfordshire