



Wales National
Pool Swansea
Pwll Cenedlaethol
Cymru Abertawe

PARTICIPANT GUIDANCE

CANLLAWIAU DEFNYDDWYR



Follow Wales National Pool Swansea's guidance and spend as little time in the changing rooms as possible.

Dilynwch ganllawiau Pwll Cenedlaethol Cymru Abertawe a threuliwch gyn lleied o amser â phosibl yn yr ystafelloedd newid.



Respect
Please respect everyone of different abilities. Do not make physical contact with other swimmers.

Parch
Dangoswch barch at bawb o wahanol alluoedd. Peidiwch â gwneud cyswllt corfforol â nofwyr eraill.



Strokes
Wide strokes like Butterfly should be avoided when the lane becomes busy.

Arddulliau nofio
Dylid osgoi arddulliau nofio llydan, megis y Glöyn Byw, pan fydd y llwybr yn brysur.



Arrive ready to swim
Shower at home, wear swimwear under clothing.

Cyrhaeddwch yn barod i nofio
Cymerwch gawod gartref, a gwisgwch eich gwisg nofio o dan eich dillad.



Speed & overtaking
Choose your lane (Fast/Medium/Slow). Do not overtake. Check lane ahead at each turn.

Cyflymder a goddiwedd
Dewiswch eich llwybr nofio (Cyflym/Canolig/Araf). Peidiwch â goddiwedd. Gwiriwch y llwybr o'ch blaen ar bob tro.



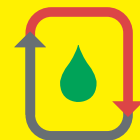
Equipment
Follow operator's guidance on use of the facilities equipment.

Cyfarpar
Dilynwch ganllawiau'r gweithredwr wrth ddefnyddio cyfarpar y safle.



At the facility
Follow operator's guidance on pre and post swim policies and spend as little time in the changing rooms as possible.

Ar y safle
Dilynwch ganllawiau'r gweithredwr ynglŷn â pholisïau cyn ac ar ôl nofio a threuliwch gyn lleied o amser â phosibl yn yr ystafelloedd newid.



Direction
Follow directional signs and move to the appropriate side of the lane for each length.

Cyfeiriad
Dilynwch yr arwyddion a symudwch i ochr briodol y llwybr ar gyfer pob hyd.



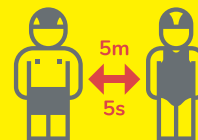
Resting
Rest at the edge of the lane and stay hydrated with your own pre-filled waterbottle.

Gorffwys
Gorffwyswch ar ochr y llwybr ac yfwch ddiagon o ddŵr gyda'ch potel ddŵr eich hun wedi'i llenwi ymlaen llaw.



In the pool
Follow operator's guidance for entry and exit to the pool.

Yn y pwll
Dilynwch ganllawiau'r gweithredwr wrth fynd i mewn i'r pwll a'i adael.



Space
Try and leave 5m/5sec between yourself and another swimmer.

Lle
Ceisiwch adael 5m/5 eiliad rhyngoch chi a nofwyr eraill.



On leaving the pool
It's recommended to shower again before exiting the facility

Wrth adael y pwll
Argymhellir cael cawod arall cyn gadael y cyfeuster

FULL GUIDELINES FOR SWIMMERS, COACHES AND VENUES

CANLLAWIAU LLAWN I NOFWYR, HYFFORDDWYR A LLEOLIADAU



SWIM WALES
NOFIO CYMRU