

# GELLING / KNOXING INFORMATION

*The following guidelines are in force for the application and removal of gelatin (knox) at Pan Am Pool. These guidelines are being sent following some issues at Pan Am Pool.*

## Application of gel / knox

- a) When possible, we request that gelling / knoxing be done prior to arriving at the pool.
- b) For those who need to gel at the pool (younger athletes, athletes with multiple routines), there will be gelling / knoxing stations set-up. These will be in the alcove at the middle of the track (under the viewing stands). There will be directional signage.
- c) Please do not gel at the ends of the track where there are emergency exits. These need to remain clear at all times. Please do not assemble in these areas.
- d) If gelling / knoxing or touching up at the pool, a responsible adult (ie coach or parent) must accompany the younger athletes.
- e) Please ensure that the gelling / knoxing station is clean before leaving (putting away any garbage, picking up pins, hair nets, etc).
- f) There is **no gelling / knoxing allowed in washrooms.**
- g) **Do not pour any leftover gel / knox in sinks.** This clogs the sinks.
- h) Do not leave any hair pins, hair nets or other items in the washrooms. Please dispose of them in the garbage or place them in your bags

## Removal of gel / knox (degelling)

- a) Due to drainage issues at Pan Am, **athletes cannot wash out gel / knox at the pool.** This includes rinsing your gelled head under water.
- b) There are no exceptions to this rule. All athletes must find an alternate method / location for degelling.
- c) Athletes are responsible for ensuring that all hair pins, hair nets and any clumps of gel / knox, on pool deck and in washrooms, are picked up and placed in the garbage.

## Fines

- a) Washrooms will be monitored to ensure there is no degelling at the pool.
- b) Any athletes caught degelling at the pool will incur a **\$200 fine per athlete** to the club.