

MAS Knoxing Information

Effective February 2025, the following guidelines apply regarding applying and removing of klox (gel) at Pan Am Pool. These guidelines are being sent following some issues at Pan Am Pool.

Applying klox

- When possible, we request that kloxing be done prior to arriving at the pool.
- For those who need to klox at the pool (younger athletes, athletes with multiple routines), there will be kloxing stations set-up. These will be in a **new location**, in the alcove at the middle of the track (under the viewing stands). There will be directional signage.
- If kloxing or touching up at the pool, a responsible adult (ie coach or parent) must accompany the athletes. Please ensure that the kloxing station is clean before leaving (putting away any garbage, etc)
- Pan Am has requested that we do not use the large alcoves at the end of the track as they are emergency exits and must be left clear. Please do not assemble in these alcoves.
- There is **no kloxing allowed in washrooms**.
- **Do not pour any leftover klox in sinks**. This clogs the sinks.

Removing klox

- Athletes cannot wash out klox from their hair at the pool. This has created drainage issues at Pan Am.
- Any exceptions to this must be requested in advance.
- Athletes are responsible for ensuring that all hair pins and hair nets, on pool deck and in washrooms, are picked up and placed in the garbage.