



# Pool Rules

## Main pool and small pool rules

- Entry into the pool area is only permitted when a lifeguard is on duty and during opening times
- Competent swimmers aged 10 and over can swim unaccompanied in the main pool and small pool
- Children of 4-9 years of age must be accompanied by an adult swimmer aged 16 years and over at a ratio of 1 adult to 2 children in the main pool
- Children aged 3 and under must be accompanied by an adult swimmer aged 16 years and over at a ratio of 1 adult to 1 child in the main pool and 1 adult with up to 3 children in the small pool
- Active and constant supervision of children is required at all times
- There is no provision for spectators in the pool area
- Please inform the lifeguard on duty if you or those you supervise have any special needs or medical conditions
- Strictly no running, pushing, diving or bombing

- Only recognisable swimwear may be worn in the pool area, sauna and steam room
- Unsafe or rowdy behaviour is not accepted, this includes climbing on shoulders
- Only buoyancy/floatation devices are allowed. Large inflatables and floatation mats are only permitted during specific instructor led activities
- No flippers, snorkels or tempered glass masks
- Beach balls and other small water toys can be used at the discretion of the lifeguards on duty and may be restricted at busy times
- Camera and phone use is not allowed in the pool or changing areas
- Verbal abuse or aggressive behaviour towards team or guests will not be tolerated
- Adult-only swimming and relaxation sessions are unsupervised by lifeguards.

Management reserve the right to deny access to any person at any time. Your co-operation and assistance are appreciated

## Changing rooms, pool hygiene and safety guidelines

- Ensure outdoor footwear and socks are removed before entering the changing rooms and the pool area. Blue shoe covers can be provided for the pool area
- To maintain hygiene you must shower before entering the pool
- Only recognisable swimwear may be worn in the pool area, sauna & steam room
- Babies must wear tightly-fitting swim nappy covers or costumes. Swim nappies on their own are not permitted
- Please take care of your possessions, we cannot take responsibility for any losses or damages. Lockers are provided and can be operated with a returnable £1 coin or trolley token
- Food is not to be consumed in the changing areas, pool or sauna and steam room
- Do not enter the pool if under the influence of any intoxicating substance, after a heavy meal, if taking medical treatments or have a medical condition that may impair your ability to stay safe
- We aim to create an environment where all customers feel safe and secure and children and vulnerable people are protected. Please report any concerns to the lifeguard on duty
- Please remove jewellery before entering the pool

## Splash Zone

- No running around the splash zone
- No climbing on the water features
- Be careful of moving apparatus
- Under 10's must be accompanied by a supervising adult
- Water features operate on a timer
- No glass or crockery in the splash zone or seating area
- Care should be taken when entering the main pool from the splash zone. Running into the pool from the splash zone is not permitted

## Sauna & steam room rules

- To maintain hygiene, you must shower before entering the sauna or steam room and before re-entering the pool
- Persons under the age of 16 are not permitted to use the sauna or steam room
- Glass, razors and other sharp implements are not permitted
- Remove any metals such as watches or jewellery as they can become hot
- Stay hydrated during the session. Tap water is available at the leisure desk.
- Removal of contact lenses is advisable as they can become uncomfortable
- Relax in the sauna or steam room for up to 10 minutes. This will raise the body temperature and perspiration will cleanse the pores
- Leave the room to cool down to a normal temperature
- You should not use the sauna or steam room if you have:
  - a heart condition
  - circulatory problems
  - high/low blood pressure
  - diabetes
  - kidney disease
  - illness causing inability to perspire, /sores or wounds
  - consumed a meal or alcohol within the past hour and a half
  - recently exercised (as time should be allowed for the body to return to a normal body temperature)
  - are pregnant