

INDOOR POOL RULES



- Entry is only permitted during the opening times when a lifeguard is on duty except for 'adult only' sessions which do not require a lifeguard's supervision.
- You must shower before entering the pool, sauna, or steam room to maintain hygiene. You must also re-shower after using the sauna and steam room before re-entering the pool.
- Children who can swim and are over 14 years can swim unaccompanied.
- Children 8-13 years must be accompanied by an adult swimmer* on a 3:1 ratio maximum
- Children 5-7 years of age must be accompanied by an adult swimmer* on a 2:1 ratio maximum
- Children under 5 years of age must be accompanied by an adult swimmer* on a 1:1 ratio maximum
- *There is no provision for spectators in the pool hall so the adult swimmer should be over 18 years old, be able to swim, they must be in the water at all times, not leave for the duration of their swim and remain in active supervision of the children.
- Please inform the lifeguard if you or those you are with have any special needs or medical conditions.
- Persons under the age of 16 are not permitted to use the sauna, steam room or gym.
- Please ensure only clean footwear is worn in the changing facilities, shoe covers can be provided for dirty footwear.
- Only recognisable swimwear maybe worn in the pool hall, sauna and steam room, shoes of any sort are not permitted in the pool hall.
- No flippers or snorkels are allowed.
- No large inflatable devices are allowed (including large rubber rings) only buoyancy/floatation devices.
- Babies must wear tightly fitting swim nappy covers.
- No food or drink in the pool area, no glass or china beyond the facility entrance
- Strictly no diving or bombing.
- No Ball Games although small water toys are allowed at the lifeguard's discretion and may be restricted at busy times.
- Unsafe or rowdy behaviour is not accepted.
- Do not enter 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.
- Please use the poolside safety equipment in any emergency.
- Please take care of your possessions, we cannot take any responsibility for any loss.
- Please report any problems to the lifeguard on duty.
- During busy periods swim time may be restricted.
- Management reserve the right to deny access to anyone at anytime. Your co-operation and assistance are appreciated.
- No verbal or aggressive behaviour will be tolerated towards staff.

SWIM SAFE

We welcome you to our indoor and outdoor pool and thank you for joining us all at our wonderful facilities.

To ensure yours and everyone's safety and enjoyment please take a moment to familiarise yourself with the "pool rules" and read these 'Swim Safe Guidelines'.

The "pool Rules" are taken from national safety guidance and applied to our specific pools and the way they are configured and managed. Our rules may be different to other pools you have been to but that is expected given each pool is different. The Lifeguards are trained to manage the pool using these rules. Please observe them and respect the Lifeguard's instructions and decisions.

If you or your child has an upset tummy, please wait until you are well again.

Babies must wear tightly fitting swim nappy covers.

Please report any problems to the Lifeguard or leisure team.

On rare occasions we may have to close the pool - please be understanding.

We may restrict the use of large 42-inch fun rings because it prevents the lifeguard having a clear view to casualties under the water. .

Whilst we have sophisticated chemicals to clean the water, you are strongly encouraged to shower before you swim to help maintain the crystal-clear water.

At times in our pools more people may want to use them than our maximum bather number. We may ask people to make way for others who are waiting or restrict entry. Please be patient.

UV sunscreen tops e.g., rash vests are acceptable to use in the pools. Normal T-Shirts are not allowed.

The rules ban any diving or bombing this is because the pool depths vary and are not suitable for diving. Also, it can be intimidating to other swimmers.

