**POOLSIDE USE POLICY**

**General rules:**

* Before entering, please ensure shoes are removed or overshoes are used. These are provided in reception.
* Please leave all areas as you found them and report any issues/defects to a member of staff.
* Use the lockers provided and leave the keys in the lock when you have finished.
* Please shower **BEFORE, INBETWEEN AND AFTER** using the Sauna, Spa or Pool.
* The Facilities close at 9pm weekdays and 7pm weekends, please ensure you are ready in time to vacate the premises.

**Swimming Pool:**

* Children under 6 months should not use the swimming pool.
* Jumping, Diving, Bombing, Ducking, Pushing are prohibited.
* No ball games or inflatables are allowed in the swimming pool, other than authorised equipment provided by the Facilities Staff.
* Do not use the Swimming Pool if:

1. You are under the influence of alcohol/drugs
2. You have eaten food in the last 2 hours.
3. You are suffering from diarrhoea.
4. You have open wounds/Severe eczema/infectious skin complaints.
5. You have a cold/flu.
6. You have any illness which makes you more susceptible to infection.

**Sauna:**

* For your safety please do not exceed 20 minutes of use.
* Drinks containers, electronic items and reading materials are not permitted in or around the Sauna area.
* Do not use the Sauna if:

1. You are pregnant
2. You suffer from heart/circulatory problems
3. You are under the influence of alcohol/drugs
4. If you have eaten food in the last 2 hours
5. If you are under 16 years old; the Sauna is an adult only area.

**Spa:**

* Drinks containers and electronic items are not permitted in or around the Spa area.
* Do not use the Spa if:

1. You are pregnant
2. You suffer from heart/circulatory problems
3. You are under the influence of alcohol/drugs
4. If you have eaten food in the last 2 hours
5. If you are under 16 years old; the Spa is an adult only area.

**THIS POLICY IS FOR THE SAFETY AND BENEFIT OF THE FACILITY USERS.**

**ANYBODY FOUND CONTRAVENING THE TERMS OF THIS NOTICE MAY RECEIVE A WARNING AND SUBSEQUENTLY BARRED FROM USING THE FACILITIES.**

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