

# Swimming Pool Rules

Your safety is of paramount importance to us and it is for this reason that we follow the guidance of both the HSE and Sport England and ask you to abide by these rules.

Please take time to fully read these rules and please ensure that you **SIGN IN AT RECEPTION** before entering the pool area and **SIGN OUT** when you leave.

**A parent or responsible adult must...**

**Be aged 18 or over**

**Be a competent swimmer**

**Know the child/children being supervised**

**A child is defined as being under 16 years old**

- Children under the age of 5 must always be supervised by a parent or responsible adult on a ONE-TO-ONE BASIS (one child to one adult) with that adult being IN THE WATER with the child all times.
- Children between ages 5 and 8 must always be supervised by a parent or responsible adult on a maximum of a ONE-TO-TWO BASIS (one adult can supervise up to two children) with that adult being IN THE WATER with the child/children at all times.
- Children between ages of 9 and 15 must always be supervised by a parent or responsible adult on a maximum of a ONE-TO-TWO BASIS (one adult can supervise up to two children) with that person either being in the water, or poolside, at all times.
- Anyone aged 16 or 17 can swim without supervision, but only if they can swim without any form of assistance or floatation device – otherwise they must be supervised by a responsible adult, with that person either being in the water, or poolside, at all times.

**You are responsible for the child/children you are supervising at all times.**

**The pool is unsupervised with no lifeguard on duty – please ensure that you familiarise yourself with the pool depth and the emergency alarm before swimming.**

**Swimming alone is not permitted.**

**CCTV images are being monitored and recorded to monitor numbers and behavior.**



**NO DIVING**



**NO RUNNING**



**NO JUMPING**



**NO BOMBING**



**NO ALCOHOL**



**NO BALLS OF ANY KIND**



**NO INFLATABLES**



**NO DOGS**



**NO FLIPPERS**



**NO SURFBOARDS**



**NO WATER GUNS**



**NO SKATES, SKATE BOARDS OR SCOOTERS**



**NO BIKES**



**NO GLASS OR CROCKERY**



# PLEASE READ BEFORE ENTERING THE GYM

- **Please ensure that you have reported to Reception, signed-in** and signed the Waiver of Liability form before using the gym
- **Use of the gym and equipment is strictly at your own risk**
- **You are responsible for determining whether you are medically and physically able to use the gym or gym equipment**
- **The gym equipment has been designed for reasonable adult use only and improper, or unauthorised use of the gym equipment, may result in serious harm and is strictly prohibited**
- **Under 16s are not permitted to use the gym facilities unless accompanied and supervised at all times by a responsible adult** on a one-to-one basis
- **Please wipe down the workout areas after use**
- **Proper footwear and clothing required to be worn at all times**

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