

Leisure Club and Pool Rules

We kindly request that the following rules are observed in order to create a respectful environment for all members and Trimmingham Leisure Club staff:

1. Opening Hours

- 1.1 The Clubs opening hours, (subject to amendment at any time) are available at Reception. Members must ensure they leave the Club facilities at closing time as advertised.
- 1.2 The Leisure Club will close early on Sunday evenings to allow time for a deep clean to be undertaken.
- 1.3 To enter the Leisure Club, you need a wrist band collected on entry from Reception. You must return this wrist band to Reception, on exiting, to retrieve your membership card.

2. PARQ (Physical Activity Readiness Questionnaire (PARQ))

- 2.1 Upon joining, all new members must complete and sign a PARQ form. This ensures that the Club is aware of any physical or medical condition you may have which could affect your ability or suitability to take part in physical activities.
- 2.2 The club reserves the right to request a doctor's certificate if necessary.

3. Swimming Pool the Pool rules and adult to child supervision ratio can be viewed in this section. Please ensure you adhere to them at all times and always shower prior to entry into the pools, sauna & steam room.

BATHERS MUST LOOK AFTER THEIR OWN SAFETY AND THE SAFETY OF OTHER BATHERS.
CHILD SUPERVISION IS THE RESPONSIBILITY OF THE ACCOMPANYING RESPONSIBLE PERSON.
ADULT TO CHILD RATIO MUST BE ADHERED TO – SEE DEDICATED SIGNS FOR MORE INFORMATION.


**IF YOU SEE SOMEBODY IN
DIFFICULTY, HERE'S HOW
YOU CAN HELP.**



**ACTIVATE A POOLSIDE
ASSISTANCE BUTTON**

THESE ARE LOCATED ON EACH OF THE FOUR
INTERIOR WALLS OF THE POOL.
THIS WILL START OUR EMERGENCY RESPONSE
AND ASSISTANCE WILL COME.



**FOLLOWING ACTIVATION
OF THE ALARM:**

1. KEEP CALM
2. SHOUT **HELP, HELP** AS LOUD AS YOU CAN,
ALERTING OTHER BATHERS TO THE INCIDENT.
3. IF YOU FEEL SAFE TO DO SO REACH OUT
WITH THE SUPPLIED REACH POLE LOCATED
ON THE LEFT SIDE OF THE POOLSIDE OR
ALTERNATIVELY USE POOLSIDE RESCUE
EQUIPMENT IF YOU FEEL CONFIDENT TO DO SO.

POOL RULES:



NO DIVING



NO JUMPING



NO RUNNING



NO INFLATABLES



NO BALLS



**PHOTOGRAPHY IS
NOT PERMITTED
IN THE POOL
ENVIRONMENT**



**NO OUTDOOR SHOES
OUTSIDE OF THE
CHANGING ROOM**

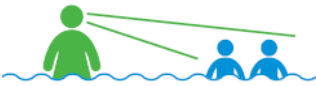
3.1 It is strongly recommended not to bring babies under 6 months years old

**ADULT SUPERVISION IS ESSENTIAL
FOR ALL CHILDREN UNDER 16.**

**IF YOU SEE ANY CHILDREN ON THEIR OWN YOU
MUST REUNITE THEM WITH THEIR RESPONSIBLE ADULT.**



IN ALL INSTANCES, NON-SWIMMERS MUST BE SUPERVISED BY AN ADULT SWIMMER.

RESPONSIBLE PERSON	CHILDREN
 A RESPONSIBLE PERSON TO SUPERVISE THEIR CHILDREN AGED 16 YEARS (OR OVER)	 NO CHILD LONE BATHING UNDER 16 YEARS
CHILD AGED 0 – 3 YEARS	CHILD AGED 4 – 7 YEARS
 1 x RESPONSIBLE PERSON 1 x CHILD (MAXIMUM)	 1 x RESPONSIBLE PERSON 2 x CHILDREN (MAXIMUM)
CHILD AGED 8 – 15 YEARS	SUPERVISION
 1 x RESPONSIBLE PERSON 3 x CHILDREN (MAXIMUM)	 THE RESPONSIBLE PERSON MUST SUPERVISE IN THE WATER WITH THE CHILD / CHILDREN NOT FROM THE POOLSIDE OR ELSEWHERE

swimming due to the increased risk of drowning.

- 3.2 Breast feeding in the water is strongly discouraged as this is unhygienic for the baby and can be dangerous.
- 3.3 It is strongly recommended and appreciated that all children use the toilet before swimming to avoid any accidents.
- 3.4 Pool Panic Alarms: There are pool panic alarms located on each of the pool's 4 walls to push in the event of an emergency. There is also one in close proximity to the spa pool.



PLEASE BE AWARE THAT WE HAVE A NO LONE BATHING POLICY IN PLACE

PLEASE BE AWARE THAT THIS IS A NON-LIFEGUARDED POOL

RULES FOR THE SPA POOL, SAUNA AND STEAM ROOM ARE DISPLAYED OUTSIDE THE FACILITIES PLEASE ENSURE YOU ADHERE TO THESE.

4. Spa Pool Rules and Information

- 4.1 Our Spa Pool is for use by persons aged 8 or over.
- 4.2 All children between the ages of 8-16 must be accompanied by an adult whilst in the Spa Pool.
- 4.3 Be aware that the Spa Pool water temperature can reach up to 40°C.
- 4.4 Maximum time in the Spa Pool is 15 minutes before cooling off by resting away from the water.
- 4.5 Breakable containers must not be taken into the Spa Pool.

5. Keeping Safe – Spa Pool

- 5.1 If you feel ill at any time, leave the Spa immediately and consult with staff or seek medical advice if necessary.
- 5.2 Always shower before entering the water.
- 5.3 Ensure you ALWAYS keep your head above the water when using the Spa Pool. NEVER submerge your head below the water.
- 5.4 There is a maximum number of 6 bathers in the Spa Pool.
- 5.5 Exit the Spa Pool slowly and carefully by placing your feet securely on the ledges / steps / floor. Remember to use the handrails.
- 5.6 Leave the Spa immediately if you feel nauseous, dizzy, faint or infirm.
- 5.7 Long hair should be tied back or a swimming cap worn, to reduce the risk of hair entanglement.
- 5.8 Jumping or diving into the water is strictly forbidden.

6. You should not use the Spa Pool if:

- 6.1 You have a serious illness, a heart condition, high or low blood pressure, a respiratory condition or any other medical condition which may affect your reaction to heat.
- 6.2 No under 8s are allowed in the spa pool. Over 8's must be accompanied by an adult of 16 years old or over.
- 6.3 You are taking medication for any of the above conditions or if you are not sure as to the advisability of using Spa pools.
- 6.4 You are under the influence of alcohol or drugs.
- 6.5 You have recently exercised. Time should be allowed to enable body temperature to return to normal levels.
- 6.6 Lone bathers are strictly not permitted in the Spa Pool. Please ensure a member of staff is informed if you are the only person in the pool hall.

7. Sauna & Steam Room Rules & Information:

- 7.1 The Sauna and Steam room facilities are for use of persons aged 16 and over. This is because children are unable to regulate heat as efficiently and control their body temperature.
- 7.2 The sauna operates at 75 – 100 degrees. The Steam room operates at a temperature of up to 50 degrees. Make sure that the temperature is comfortable for you by varying your position in the Sauna and Steam room.

8. Keeping Safe – The Sauna & Steam Room

- 8.1 During the Sauna or Steam room use, always drink plenty of water to replace fluids lost during perspiration but avoid alcohol.
- 8.2 When the heat becomes too uncomfortable, leave the Sauna or Steam room and cool down.
- 8.3 Ensure you shower before using the facilities to remove any perspiration, creams, oils or deodorants.
- 8.4 Be aware that using the Sauna or Steam room for too long may result in nausea, dizziness or fainting.
- 8.5 When finished, cool off for the final time, until your body temperature has returned to near normal.
- 8.6 Ensure you do not use lotions or razors in the Sauna or Steam room.
- 8.7 If at any stage you need urgent staff assistance, please push the Panic Alarms located within the facilities.
- 8.8 You shouldn't use the sauna or steam room if you are pregnant, elderly and or have diabetes.

Please be aware that even the healthiest people and most confident swimmers can experience some issues with their fitness, health and consciousness. This means that it is important to stay vigilant and cautious when in the Pool Hall.

Should you feel unsure, worried or uneasy whilst using our facilities, please contact a member of staff or make use of our Emergency Buttons around the Pool Hall and staff will rush to your aid.

A **Warning** will be issued should any of our rules be broken and further inspection may be taken in some circumstances. Failure to comply with these rules constitutes grounds for exclusion from the premises and/or cancellation of your membership.

Alongside these rules, please adhere to further written rules around the Pool Hall and Facilities.

Leisure Club Rules of Conduct

By signing this document, you agree to comply with the rules of conduct set out below whilst in the Leisure Club. Any guests you may bring in with you, must also comply with the same rules.

Rules of Conduct: You agree that you and any guests that accompany you into the Club will:

- 1.) Show consideration for other members, guests, visitors, and staff at the Club.
- 2.) Refrain from using abusive or foul language.
- 3.) Not behave in a manner which is offensive, threatening, or violent to any other members, their guests, visitors, or the staff of the Club.
- 4.) Not bring, use or be under the influence of illegal drugs on any part of the Club's premises.
- 5.) Not be drunk in or about the Leisure Club and not consume your own alcohol on the Club's premises.
- 6.) Not behave in an anti-social or disruptive manner, including misuse of equipment or engage in any sexual or illegal activities.
- 7.) Only smoke within the designated areas, this includes the use of E-Cigarettes.