

Club opening times: Monday to Friday 0600 – 2200 Pool area close: 21:30

Last pool entry 20:45/Last gym entry 21.15

Saturday to Sunday 0700- 2100 Pool area close: 20:30

Last pool entry 19:45/Last gym entry 20.15

Adult: child ratio is 1:2

Children have access to the Health Club until 19:30 Monday to Thursday and full access Friday to Sunday. Last entry for children is 19:00.

You no longer require an advanced booking to come in and use the pool. Turn up at your desired time and a member of staff will get you signed in. During busy periods you may be asked to queue, access to the pool will be limited to one hour, and we will be operating a 1-in-1 out system.

The pool has a maximum capacity of 20 people, and the gym has 24 at one time.

General Admissions Policy

- Persons who appear to be intoxicated by alcohol or drugs or not well enough to enter the water must be refused admission
- Food, Drink or chewing gum must not be brought onto or consumed on the poolside.
- Phones and any photo devices should be locked in lockers and are not permitted on poolside.
- Plastic water bottles may be brought onto poolside for swimmers during coaching sessions, Pool Responders and Teachers to avoid dehydration
- Current or recent illness including respiratory problems, infections, digestive upsets, and rashes are indications against participation
- Any person with a recent history of diarrhoea (i.e., within the last 14 days) will not be permitted to swim.

Action to be taken in the event of 80% (20 people) of maximum bather load being reached

- Access to the wet-side operation is stopped until numbers fall back within normal operating levels
- Access will be denied at main Health Club reception level where users will sign in

Children:

- An adult must always accompany children under the age of 16 within the leisure club
- Children under the age of 16 are not permitted to use the gymnasium.
- Children under the age of 8 are not permitted to use the spa bath.
- Children under the age of 14 must be supervised by an adult when using the spa bath.
- All children must be always supervised whilst on the premises.

· Children aged 8 and over are not permitted to enter the opposite sex changing rooms.

All children under the age of 16 may not use the pool unless supervised by a parent or guardian (18 or over)

· Children under the age of 16 may only use the pool and the spa pool between the hours detailed above

· Children under the age of 16 may not use the Sauna facilities and Steam room facilities

· The max number of children under 16 who may be supervised by an adult is 2.

· Babies, small children, or toddlers must not be left unsupervised in carriers or pushchairs on the side of the pool.

An area away from the poolside will be made available for the storage of pushchairs, to reduce the possibility of contaminants being brought onto poolside.

Sauna, Spa and Steam General Information

Both members and non-members can use the health suite.

The capacity of the facilities is as follows:

Sauna - 6

Spa - 8

Steam - 6

Sauna, Spa and Steam Room use will not generally be time limited.

Health Suite users have access to hot and cold showers (changing rooms/poolside).

Sauna and Steam Room Induction

All first-time users of heat therapy facilities must be made aware of the relevant guidance signage, as to the safe use of the facilities.

· Reference to displayed CIMSPA Safety Poster

Guidelines and Conditions for the Safe Use of Steam and Sauna Rooms are displayed in the Health Suite and are listed below:

Customers should not use the Sauna, Spa or Steam Room if they:

· Are under 16 years

· Are pregnant

· Suffer from heart disease, circulatory problems, high or low blood pressure, epilepsy or diabetes or have an infectious skin disease, open sores, or open wounds

· Are suffering from illness causing an inability to perspire

· Are taking any medication

- Have had a heavy meal or alcohol within 1½ hours of using the Sauna or Steam Room
- Suffer from migraines.

The elderly should also take special care, as they are also more susceptible to heat changes and unusual stresses to the body.

Sauna:

- Customers must wear their usual swimming costumes
- Customers should have a quick shower before entering the Sauna
- Sauna sessions are recommended to be kept to 8-10 minutes, followed by a cold or cool shower and then a period of relaxation
- Customers can return to the Sauna after a period of 5-10 minutes of relaxation
- Customers are asked not to use oils or creams in the sauna
- Customers are asked not to ladle the water on to the stove
- Contact lenses, spectacle and jewellery should not be worn in the sauna
- Customers are asked to drink plenty of water during the session
- Customers are asked to take a final shower before entering the swimming pool or getting changed. This allows the body temperature to return to normal.

Steam Room:

- Customers must wear their usual swimming costumes
- Steam sessions are recommended to be kept to 8-10 minutes, followed by a cold or cool shower and then a period of relaxation
- Customers can return to the Steam after a period of 5-10 minutes of relaxation
- Customers are asked not to use oils or creams in the steam room
- Contact lenses, spectacles and jewellery should not be worn in the steam room
- Customers are advised to drink plenty of fluids during their session
- Customers are asked to take a final shower before entering the swimming pool or getting changed. This allows the body temperature to return to normal.

The following temperatures are maintained and monitored:

Sauna 80-90°C

Stream Room 40-46°C

Other Terms:

1. Radios, cassette players, mobile phones, and other items likely to cause annoyance may not be used in the club.

2. Ball games and inflatable toys & rafts are not permitted in the pool unless incorporated into a planned children's activity.
3. Lockers should only be used for storage of personal belongings.
4. Property is stored at the owner's risk and the club will accept no liability for loss or damage.
5. Lockers will be cleared every 24 hours and all items removed.
6. The club reserves the right to dispose of any items not claimed within 4 weeks.
7. The club reserves the right to amend these terms at its absolute discretion. Notification of changes will be displayed on the notice board.
8. Padlocks are available for hire from the health club reception. A hire fee of £1 is payable on arrival.
9. One towel per person is available from the health club reception.

Health & Safety

1. Please shower before using the swimming pool, spa bath, and sauna and steam room.
2. Prior to using the gymnasium, a Personal Health Statement must be read and signed.
3. In the sauna or steam room, reading, shaving, or the drying of clothing and towels is not permitted.
4. Running/ jumping/ diving or any other activity that may cause harm to other pool users is not permitted in or around the pool area.
5. Glass (including face masks made from glass) and crockery is not permitted anywhere in the club other than the reception/lounge area.
6. Smoking is not permitted anywhere in the club.
7. Please ensure that you have read the 'pool rules' signage before using the pool facilities.

Please do not hesitate to contact the Health Club should you require additional information.

Contact the Health Club directly on (01224) 896687