

our pool & gym rules



The maximum bather load in the pool is 50 people. Our lifeguards may operate a one in one out system or bather band system of 30 minutes bathing time per person. These rules are here for your comfort and safety and to ensure the smooth operation of the swimming pool and the gym.

1 Locker facilities are provided for bags and clothing. £1 coins are required to operate. Only towels and appropriate footwear are allowed on the poolside. No outdoor footwear is permitted poolside.

2 Bathers are not permitted to dress or undress on poolside. Please use the changing rooms provided, facilities are available for family, disabled and baby changing.

3 Children under 8 years of age must be accompanied in the water by a responsible adult swimmer over the age of 16 years at all times. One adult may accompany up to two children under the age of 8.

4 Bathers aged 8, 9, 10 and 11 years must be accompanied by an adult (over the age of 16 years) in the complex spectating area at all times regardless of swimming ability.

5 Recognised swimwear only may be worn in the pool.

6 Consumption of food in the pool area is strictly prohibited. Only plastic water bottles permitted on poolside.

7 No smoking is permitted anywhere within the pool complex.

8 No glass containers are permitted within and around the pool/ changing area.

9 For your own safety and the safety of others no running, diving, jumping, bombing, ducking, acrobatics, shoulder rides or horseplay.

10 Children of any age who are non and weak swimmers are required to wear armbands for their own safety and must be accompanied in the water by a responsible adult aged 16 years or over at all times. Water woggles are permitted if used as a swimming aid when accompanied by an adult.

11 No large inflatable balls, inflatable tyres, inflatable rings (unless used solely for flotation), large inflatable toys, glass facemasks, snorkels or flippers allowed. (There may be exceptions to this during supervised programmed activities).

12 Please use the showers before entering the swimming pool.

13 For health and hygiene reasons we ask that all individuals shower before and after using the sauna and steam room. No one under the age of 16 years is allowed to use these facilities and use of a towel is required when entering the sauna.

14 No shaving or exfoliating within the sauna, steam room or changing rooms.

15 A maximum bather load is in operation. If at any time this exceeds, entry will be limited.

16 Misuse of any equipment however damaged, will result in the use of the leisure complex facility being withdrawn.

17 In the event of an emergency or evacuation, please comply promptly with instructions.

18 Those who do not comply with Lifeguards/GoActive instructors requests and safety procedures will be requested to leave the pool complex.

19 No animals, other than guide dogs, are permitted within the pool complex.

20 Please do not leave possessions unattended, as no responsibility will be accepted for their loss or damage. Please use the lockers provided.

21 Babies and toddlers still in nappies must wear the appropriate swim nappies before entering the water. These are available for sale at the reception desk.

22 Management reserves the right to refuse admission.

23 No photography or filming is permitted in the pool complex. (Without prior permission from the Leisure Team).

24 Radios or audible equipment are not permitted.

25 Each person wishing to use the gym facilities must sign a fitness waiver before using any of the fitness equipment.

26 Our instructors are not medically qualified. If in any doubt as to your state of health or fitness, please seek medical advice before exercising.

27 Always use a weight resistance that is comfortable.

28 Always wear appropriate footwear and clothing.

29 Please report any faults or damage to the equipment to the leisure staff or main reception.

30 You must be 16 years or over to use the fitness equipment.

31 Once your induction is complete your pass will be updated to give you access to the gym. Please note that passes are non transferable and will be checked. You will be required to show your pass when asked to do so by a member of staff. If you are found without a pass or someone else's pass then your use of the gym could be withdrawn.

32 A refundable deposit is required for the gym pass.

33 The gym will be monitored by CCTV and anyone found misusing or vandalising equipment will be asked to leave the facility and membership will be withdrawn.

34 There is an emergency call point situated on the gym wall. Should an emergency arise, press the bottom to activate an alarm for staff to attend immediately.

35 No alcohol and no glass or bottles are permitted within this facility. Water is provided for your comfort.

covid-19

not all facilities are operating as normal, please call for more information

