

Pool rules



- 1 Reservations to use the pool must be made by visiting Reception or calling 01760 751370. Residents staying at the resort can book up to one day in advance. Members of the public can book on the day.
- 2 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.
- 3 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.
- 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 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 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- 16 Misuse of any equipment however damaged, will result in the use of the leisure complex facility being withdrawn.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 Those who do not comply with Lifeguards/GoActive instructors requests and safety procedures will be requested to leave the pool complex.
- 18 No animals, other than guide dogs, are permitted within the pool complex.
- 19 Please do not leave possessions unattended, as no responsibility will be accepted for their loss or damage. Please use the lockers provided.
- 20 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.
- 21 Management reserves the right to refuse admission.
- 22 No photography or filming is permitted in the pool complex. (Without prior permission from the Leisure Team).
- 23 Radios or audible equipment are not permitted.

Gym rules

- 1 Each person wishing to use the gym facilities must undertake an induction with one of our fitness instructors before using any of the fitness equipment.
- 2 Our instructors are not medically qualified. If in any doubt as to your state of health or fitness, please seek medical advice before exercising.
- 3 Always use a weight resistance that is comfortable.
- 4 Always wear appropriate footwear and clothing.
- 5 Please report any faults or damage to the equipment to the leisure staff or main reception.
- 6 You must be 16 years or over to use the fitness equipment.
- 7 Once your paperwork is complete you will be given a fob which will gain you entry into the gym. Please note that fobs are non transferable and will be checked. You will be required to show your fob when asked to do so by a member of staff. If you are found without a fob or someone else's fob then your use of the gym could be withdrawn.
- 8 Please clean equipment with wipes provided.
- 9 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.
- 10 There is an emergency call point situated on the gym wall. Should an emergency arise, press the button to activate an alarm for staff to attend immediately.
- 11 No alcohol or glass containers are permitted within this facility. Water is provided for your comfort.
- 12 We will not be responsible for damage or injury attributable to irresponsible or inappropriate use of equipment or facilities, nor for loss or damage to any personal possessions left unattended.
- 13 These rules are here for your comfort and safety and to ensure the smooth operation of the gym.