



## HEALTH CLUB RULES

- Upon entry members must swipe into the club. Failure to produce membership cards may result in non-admittance
- Maximum of 2 guests per member
- No alcohol is to be brought into or consumed in the health club
- Spitting and chewing gum is not permitted in the health club
- No glass (cups/bottles) allowed in any area of the health club
- Under 16s must be accompanied by a responsible adult over the age of 18 at all time
- Child ratio, one adult to two children (children under 8 should be 1:1)
- Intimate behavior is not permitted in any area of the health club
- Outdoor/dirty footwear is not permitted in any area of the health club
- Shouting and foul language are not permitted within the health club
- Physical or verbal abuse to clients or staff will result in expulsion from the health club
- Guests and visitors may be refused entry during busy times
- Damage or misuse of any equipment is unacceptable behavior
- Appropriate clean swimwear must always be worn in all wet areas of the health club
- Children over the age of 8 are not permitted in the opposite sex changing area
- Appropriate clean sportswear and trainers must be worn when using the Gym
- Under 16s are not permitted in the Gym/Sauna/Steam Room & Jacuzzi
- When busy there is a 15minute time limit per cardio machine
- You must wipe down each machine after use
- For Health and Safety reasons 'bombing' and diving is not permitted in any of the pools
- For Health and Safety reasons balls and inflatables are not permitted in the pool (except during classes under instruction)
- Children under the age of 3 must wear a swim nappy when using the pool
- There is a £150 fine for pool contamination (i.e. faeces/vomit/blood)
- Shaving is only permitted in the changing rooms
- For Health and Safety reasons you must shower before and after use of the Pools, Sauna, Steam Room & Jacuzzi
- Please refrain from pouring water on the Sauna coals as it will break the Sauna Elements
- For Health and Safety reasons please restrict yourself to staying in the Sauna, Steam Room & Jacuzzi for a maximum of 15minutes
- To allow time for showering and dressing please exit the Poolside and Gym 15minutes prior to closing
- Only children of health club members and guests can use the facilities
- Mobile Phones are no permitted by poolside at any time