

POOL PROTOCOL

1. Before entering the pool area you **MUST SHOWER**.
2. Please shower between using different wet area facilities.
3. Please remove all deodorants, make-up and perfumes.
4. Take your towel onto poolside and dry off in the areas provided before entering the changing rooms.
5. Please read the Spa and Steam Room rules which are prominently displayed in the pool area before using the facilities.
6. Please be aware of lane structure where applicable and adhere to any enforced lane policies.
7. You **MUST NOT** use the pool for 2 weeks following an upset stomach.
8. Please be courteous to other users.
(We do not recommend swimming when you are the only person in the pool).
9. Mobile phones and cameras are not permitted poolside.
10. Children under 16 are **NOT** allowed in the Spa or Steam Room.
11. No glass or food shall be taken into the pool area at any time.
12. **Running, jumping, diving or unruly behaviour** is prohibited.
13. Use of **snorkels, flippers, inflatables and beach balls** is prohibited.
14. Please note that the swimming pool is not continuously monitored by lifeguards, however CCTV cameras are in operation at all times and are checked regularly. Emergency buttons are also situated around the pool.

The above protocol is designed to promote a safe, hygienic and enjoyable place for you to spend your leisure time.

Thank you for your co-operation.