

Swimming Pool Terms



General usage:

- **Appropriate swim attire** must be worn at all times.
- No diving.
- Customers must **sit on a towel** when using **sauna**.
- Be aware of session start and **end times**. (please see timetable)
- All swimmers are required to use the **pre-swim showers** before entering the pool
- Do **not run** along pool side
- **No outdoor shoes** to be worn on the pool side or pool changing village
- **No food** or **drink** in the pool area
- **No glass** or **razors** on pool side or changing rooms
- Customers with **long hair** must tie hair back or wear a swimming cap
- Do **not take tissues** onto the pool side
- No Alcohol or anyone under the influence of alcohol on the premises
- No inappropriate or bad behaviour will be tolerated

Lane Swimming:

- All swimmers must be able to comfortably swim 25m (one full length of the pool) without stopping.
- Swimmers must follow the rotation signs which are found at the end of each lane.

Children:

All swimmers under the age of 8 years shall be accompanied by a responsible person over the age of 16 who will be required to supervise that child **IN THE WATER AT ALL TIMES**

The maximum number of children the responsible person may safely supervise are:

- 1 adult to one child up to the age of 5 years
- 1 adult to two children aged 5 – 8 years
- The ratio of Children to adult may be increased at the discretion of the management where the child (ren) are deemed competent swimmers

Definition: Competent Swimmer

Must be able to swim a length on their front without swim aid.

(Please note that purchasing a swim ticket means that these terms have been agreed to and therefore no refunds will be given if the terms are not met.)