



MEMBER INFORMATION



Pool Rules

- Pre Swim Showers and swim hats are compulsory
- Pre & Post showers must be taken when using the Sauna & Steamroom
- No Running
- No Diving
- No Shouting
- No Pushing
- No Acrobatics/ Gymnastics
- No Ducking
- No Bombing
- No Mobile Phones
- No Cameras/ Video Equipment
- Men's shorts must not be below the knee in length
- Children Under 16years must be accompanied & supervised at all times
- Children Under 16years are not allowed to use the Sauna & Steamroom
- Do not tamper with any of the dials in the Sauna/ Steamroom
- Non Swimmers and weak swimmers are not allowed in the Deep End
- Lane directions must be followed & Lane speeds adhered to
- Members not attired for swimming are not allowed on the pool deck for any reason
- Only plastic water bottles allowed on the pool deck
- Please inform the lifeguard of medical issues that may need extra supervising by the lifeguard e.g. Epilepsy/ Asthma
- Report any suspicious behaviour to the nearest member of staff immediately
- Lifeguards instructions are final