

Leisure club rules

We kindly request that the following rules are observed in order to create a respectful environment for all members and Trimingham Leisure Club staff:

1. Opening Hours

- 1.1 The Clubs opening hours, (subject to amendment at any time) are available at Reception. Members must ensure they leave the Club facilities at closing time as advertised.
- 1.2 The Leisure Club will close early on Sunday evenings to allow time for a deep clean to be undertaken.
- 1.3 To enter the Leisure Club, you need a wrist band collected on entry from Reception. You must return this wrist band to Reception, on exiting, to retrieve your membership card.

2. PARQ (Physical Activity Readiness Questionnaire)

- 2.1 Upon joining, all new members must complete and sign a PARQ form. This ensures that the Club is aware of any physical or medical condition you may have which could affect your ability or suitability to take part in physical activities.
- 2.2 The club reserves the right to request a doctor's certificate if necessary.

3. Swimming Pool

The Pool rules and adult to child supervision ratio can be viewed in this section. Please ensure you adhere to them at all times and always shower prior to entry into the pools, sauna & steam room.

Bathers must look after their own safety and the safety of other bathers. Child supervision is the responsibility of the accompanying responsible person. Adult to child ratio must be adhered to – see dedicated signs for more information.

IF YOU SEE SOMEBODY IN DIFFICULTY, HERE'S HOW YOU CAN HELP.



ACTIVATE A POOLSIDE ASSISTANCE BUTTON

These are located on each of the four interior walls of the pool. This will start our emergency response and assistance will come.

Following activation of the alarm:

1. Keep calm
2. Shout **help, help** as loud as you can, alerting other bathers to the incident.
3. If you feel safe to do so reach out with the supplied reach pole located on the left side of the poolside or alternatively use poolside rescue equipment if you feel confident to do so.

POOL RULES:



NO DIVING



NO JUMPING



NO RUNNING



NO INFLATABLES



NO BALLS



PHOTOGRAPHY IS NOT PERMITTED ON POOLSIDE



NO OUTDOOR SHOES ON POOLSIDE



ADULT SUPERVISION IS ESSENTIAL FOR ALL CHILDREN UNDER 16.

IF YOU SEE ANY CHILDREN ON THEIR OWN YOU MUST REUNITE THEM WITH THEIR RESPONSIBLE ADULT.

IN ALL INSTANCES, NON-SWIMMERS MUST BE SUPERVISED BY AN ADULT SWIMMER.

Responsible person



A responsible person to supervise their children
Aged 16 years or over

Children



No child lone bathing
under 16 years

Child ages 0 – 3 years



1 x responsible person
1 x child (maximum)

Child aged 4 – 7 years



1 x responsible person
2 x children (maximum)

Child aged 8 – 15 years



1 x responsible person
3 x children (maximum)

Supervision



The responsible person must supervise in the water with the child / children

PLEASE BE AWARE THAT WE HAVE A NO LONE BATHING POLICY IN PLACE.

4. Spa Pool Rules and Information

- 4.1 Our Spa Pool is for use by persons aged 8 or over.
- 4.2 All children between the ages of 8-16 must be accompanied by an adult whilst in the Spa Pool.
- 4.3 Be aware that the Spa Pool water temperature can reach up to 40 degrees.
- 4.4 Maximum time in the Spa Pool is 15 minutes before cooling off by resting away from the water.
- 4.5 Breakable containers must not be taken into the Spa Pool.

5. Keeping Safe – Spa Pool

- 5.1 If you feel ill at any time, leave the Spa immediately and consult with staff or seek medical advice if necessary.
- 5.2 Always shower before entering the water.
- 5.3 Ensure you ALWAYS keep your head above the water when using the Spa Pool. NEVER submerge your head below the water.
- 5.4 There is a maximum number of 6 bathers in the Spa Pool.
- 5.5 Exit the Spa Pool slowly and carefully by placing your feet securely on the ledges / steps / floor. Remember to use the handrails.
- 5.6 Leave the Spa immediately if you feel nauseous, dizzy, faint or infirm.
- 5.7 Long hair should be tied back or a swimming cap worn, to reduce the risk of hair entanglement.
- 5.8 Jumping or diving into the water is strictly forbidden.

6. You should not use the Spa Pool if:

- 6.1 You have a serious illness, a heart condition, high or low blood pressure, a respiratory condition or any other medical condition which may affect your reaction to heat.
- 6.2 You are taking medication for any of the above conditions or if you are not sure as to the advisability of using Spa pools.
- 6.3 You are under the influence of alcohol or drugs.
- 6.4 You have recently exercised. Time should be allowed to enable body temperature to return to normal levels.
- 6.5 Lone bathers are strictly not permitted in the Spa Pool. Please ensure a member of staff is informed if you are the only person in the pool hall.

7. Sauna & Steam Room Rules & Information:

- 7.1 The Sauna and Steam room facilities are for use of persons aged 16 and over. This is because children are unable to regulate heat as efficiently and control their body temperature.
- 7.2 The sauna operates at 75 – 100 degrees. The Steam room operates at a temperature of up to 50 degrees. Make sure that the temperature is comfortable for you by varying your position in the Sauna and Steam room.

8. Keeping Safe – The Sauna & Steam Room

- 8.1 During the Sauna or Steam room use, always drink plenty of water to replace fluids lost during perspiration, but avoid alcohol.
- 8.2 When the heat becomes too uncomfortable, leave the Sauna or Steam room and cool down.
- 8.3 Ensure you shower before using the facilities to remove any perspiration, creams, oils or deodorants.
- 8.4 Be aware that using the Sauna or Steam room for too long may result in nausea, dizziness or fainting.
- 8.5 When finished, cool off for the final time, until your body temperature has returned to near normal.
- 8.6 Ensure you do not use lotions or razors in the Sauna or Steam room.
- 8.7 If at any stage you need urgent staff assistance, please push the Panic Alarms located within the facilities.

Please be aware that even the healthiest people and most confident swimmers can experience some issues with their fitness, health and consciousness. This means that it is important to stay vigilant and cautious when in the Pool Hall.

Should you feel unsure, worried or uneasy whilst using our facilities, please contact a member of staff or make use of our Emergency Buttons around the Pool Hall and staff will rush to your aid.

A Warning will be issued should any of our rules be broken and further inspection may be taken in some circumstances. Failure to comply with these rules constitutes grounds for exclusion from the premises and/or cancellation of your membership.

Alongside these rules, please adhere to further written rules around the Pool Hall and Facilities.

Signature of Acceptance

I have read and understand the Pool Rules and agree to comply with them at all times.

ADULT 1

Name

Date

Signature

ADULT 2

Name

Date

Signature

9. Gym Rules

- 9.1 Please ensure you are ready to leave the gym by closing time.
- 9.2 When finished, please replace weights in their original position carefully, avoiding dropping them so as not to cause a safety hazard, damage the equipment and disturb other Leisure Club Members.
- 9.3 Glass is not permitted in the gym, please use plastic bottles and cups only.
- 9.4 In the interest of cleanliness and hygiene, please wipe down equipment after use and always use a sweat towel.
- 9.5 We consider our members and staff as one big happy, healthy family so please respect the Leisure Club, our staff and each other at all times.
- 9.6 Please be aware that if you need urgent staff assistance at any stage, there are panic alarms located in the Gym. Please push the red button.
- 9.7 Appropriate behaviour is required at all times to uphold safety standards for all members and staff. If in our reasonable opinion, a Member’s continued membership is likely to be injurious to the character and interests of any particular Club member, we reserve the right to terminate that membership at any time.
- 9.8 Suitable and appropriate clothing and footwear must be worn whilst in the Gym. You may be asked to change your clothing or footwear if, in Trimingham Leisure Club’s opinion, it is not suitable for any reason. You should avoid wearing clothing that is offensive to other members or staff.
- 9.9 As a member, personal training sessions cannot be offered to customers without consulting the Trimingham Leisure Club.

Keeping Safe in the Gym – Important Information

- If you require assistance with equipment, please ask a member of the Leisure Team who have the relevant knowledge and training to provide advice on how to use the equipment safely.
- Please refer to the Harassment and Inappropriate Behavior Policy on our website for such matters or concerns.
- Please refer to and read our Health Commitment Statement on our website to ensure safety around the complex.

Alongside these rules, please adhere to further written rules around the Pool Hall and Facilities.

Signature of Acceptance

I have read and understand the Gym Rules and agree to comply with them at all times.

ADULT 1

Name

Date

Signature

ADULT 2

Name

Date

Signature

Leisure Club Rules of Conduct

By signing this document, you agree to comply with the rules of conduct set out below whilst in the Leisure Club. Any guests you may bring in with you, must also comply with the same rules.

Rules of Conduct: You agree that you and any guests that accompany you into the Club will:

- 1.) Show consideration for other members, guests, visitors and staff at the Club.
- 2.) Refrain from using abusive or foul language.
- 3.) Not behave in a manner which is offensive, threatening or violent to any other members, their guests, visitors or the staff of the Club.
- 4.) Not bring, use or be under the influence of illegal drugs on any part of the Club's premises.
- 5.) Not be drunk in or about the Leisure Club and not consume your own alcohol on the Club's premises.
- 6.) Not behave in an anti-social or disruptive manner, including misuse of equipment or engage in any sexual or illegal activities.
- 7.) Only smoke within the designated areas, this includes the use of E-Cigarettes.

Signature of Acceptance

I have read and understand the Rules of Conduct and agree to comply with them at all times:

ADULT 1

Name

Date

Signature

ADULT 2

Name

Date

Signature

NAME	CONFIRMATION OF COMPLETION OF WORK	
Joe Harrison	Health & Safety Manager Pool & Leisure	Signature:
General Manager:		Signature:
Date:		