



# SPA POOL RULES



THIS SPA POOL IS FOR USE BY PERSONS AGED 8 OR OVER



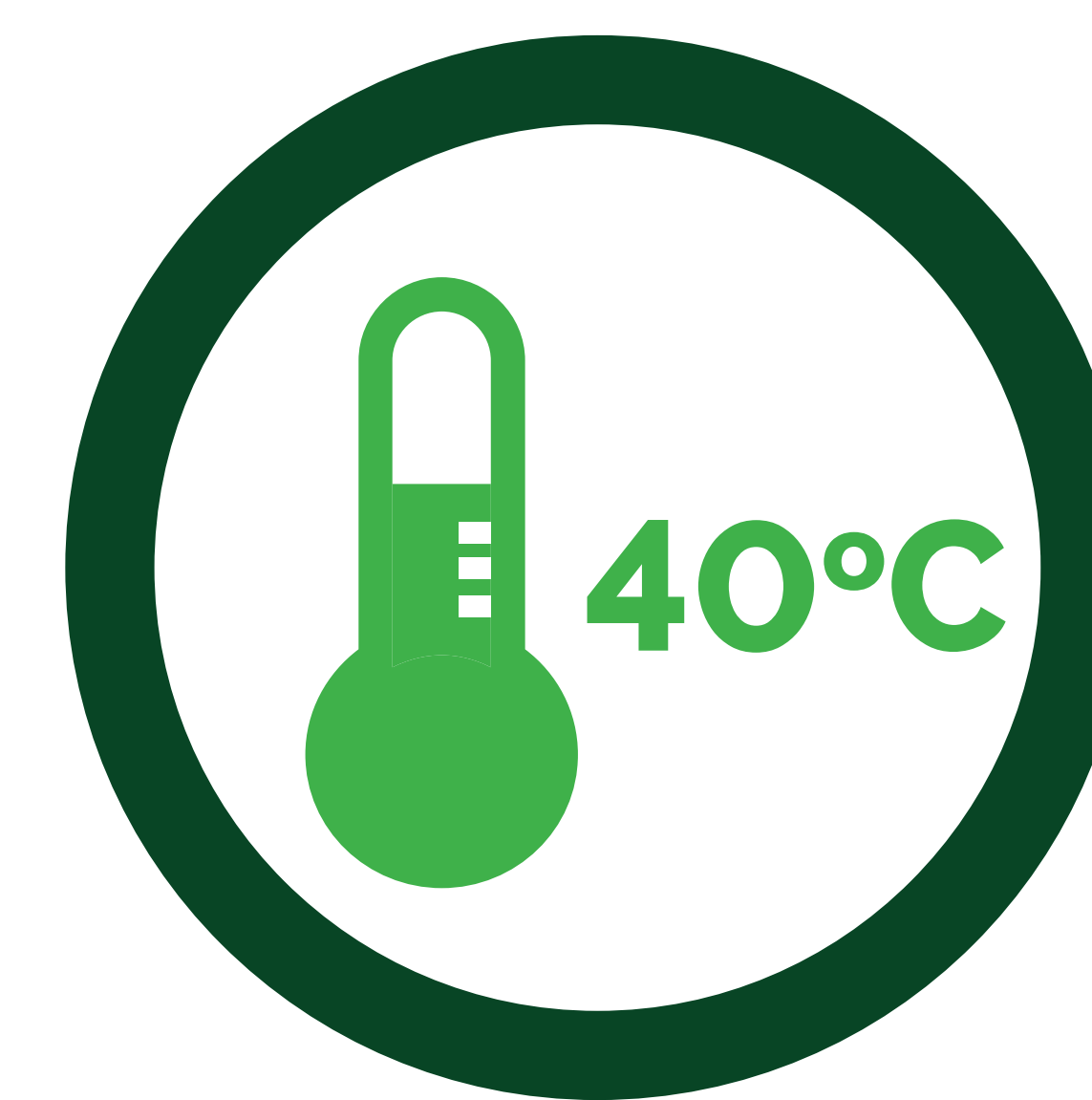
Children aged 8–16 should be accompanied by an adult



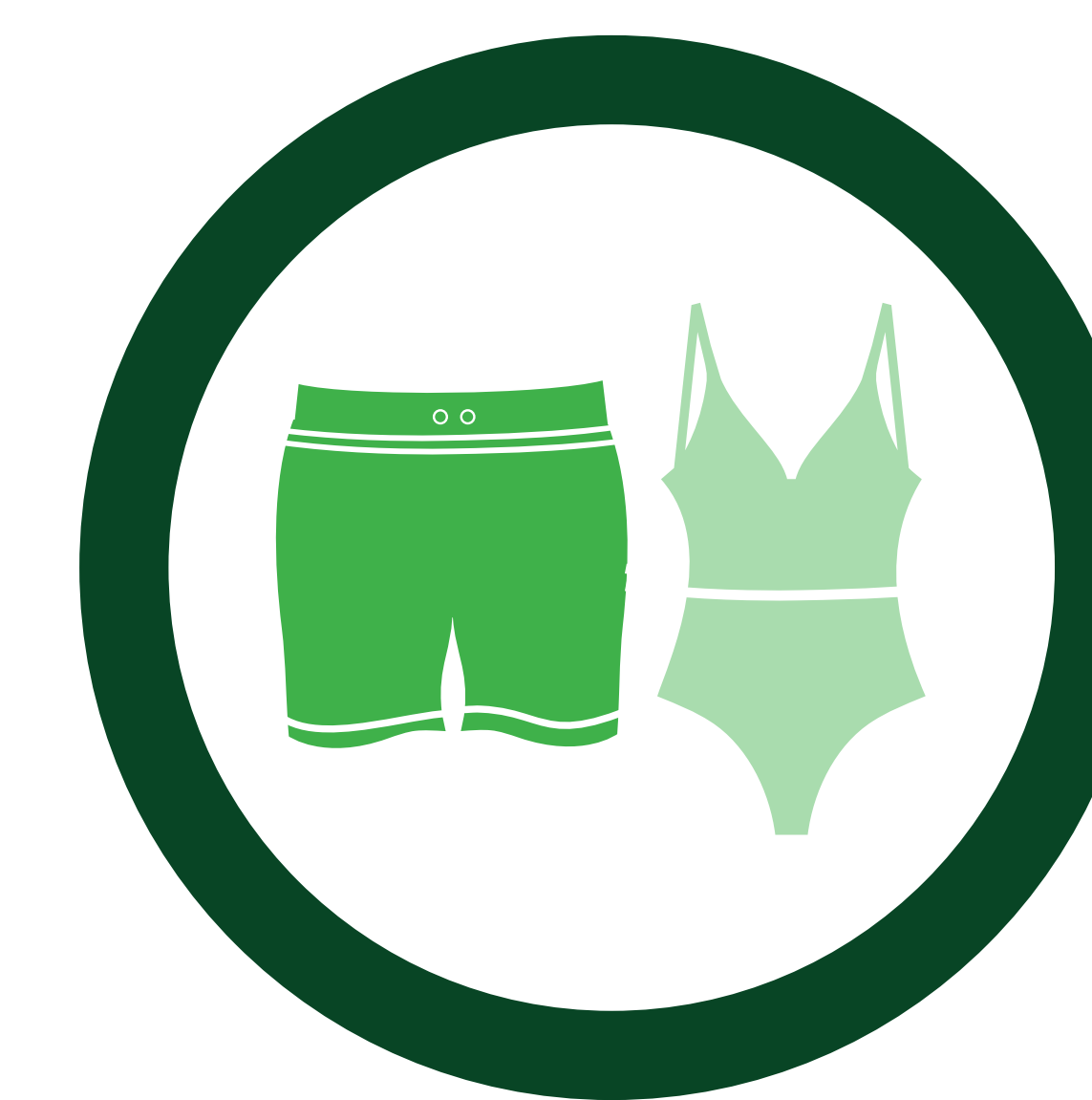
Maximum time in the Spa Pool is 15 minutes



No breakable containers should be taken into the pool



Temperatures can reach 40°C degrees



Swimwear may fade after immersion in the spa pool



Maximum of 6 bathers at any one time

## POTENTIAL HAZARDS

Adverse reaction to heat or rapid temperature change

Allergic reaction to chemicals

Bacterial contamination

Slipping on wet surfaces when entering and leaving the Spa pool

Drowning

Entrapment – hair or body parts becoming trapped in water outlets

**YOU ARE RESPONSIBLE TO DETERMINE WHETHER USE OF THE SPA POOL IS ADVISABLE FOR YOUR PERSON – SEEK MEDICAL ADVICE IF NECESSARY**

### HOW TO USE THE SPA POOL SAFELY:

- For hygiene reasons wear appropriate swimwear.
- Long hair should be tied back, or a swimming cap should be worn.
- Shower before you enter the pool.
- Don't run near the Spa Pool or jump into the water.
- Identify the correct entry/exit point before entering the pool and use the handrails to securely get in and out of the Spa Pool.
- LONE BATHER POLICY; Do not use the Spa Pool unsupervised by our staff.
- Always keep your head above the water.
- Enjoy the Spa Pool for a maximum of 10-15 minutes; you can leave sooner if you so wish.
- Rest for 10-20 minutes before re-entering the Spa Pool for a next session.
- Drink plenty of water to replace lost fluids (avoid alcohol).
- Do not submerge your head under water.

- Leave the Spa Pool immediately if you start feeling unwell and alert a member of staff.
- After your final session, allow your body temperature to return to near normal.
- If you feel unwell at anytime leave the Spa Pool and contact a member of staff.

### DON'T USE THE SPA POOL IF:

- This goes against medical advice. Please seek advice from your GP or consultant if you are being treated for a health condition such as high/low blood pressure, diabetes, or any other condition that could affect your heart and/or blood circulation.
- You are a diabetic with damaged feet or Peripheral Neuropathy
- You have just eaten a heavy meal.
- You are under the influence of alcohol and/or drugs.
- You have a contagious disease and/or an infectious skin condition.
- You have recently exercised.

### HIGH-RISK GROUPS

#### CHILDREN:

The body temperature of (young) children rises relatively quickly. Supervising adults should keep a close eye on their charges, ensuring they drink plenty of water and limit their time in the Spa Pool.

#### ADULTS WITH A MEDICAL CONDITION:

Adults that are being treated for a medical condition that affects their heart and/or blood circulation should use the Spa Pool with great care and only if this is in line with medical advice. If unsure, always seek medical advice before entering the Spa Pool.

Adults with diabetes should equally seek advice from their GP or consultant before using the Spa Pool. The use of spa pools can directly affect insulin sensitivity.

#### PREGNANT PEOPLE:

Those who are pregnant are advised to not use the Spa Pool.

**FAILURE TO COMPLY WITH THESE RULES CONSTITUTES GROUNDS FOR EXCLUSION FROM THE PREMISES OR CANCELLATION OF YOUR MEMBERSHIP**