## Etiquette and Club Rules

Please ensure you read the below information before using our facilities:

## General

We are a members only club but our members are able to bring guests in to use the facilities, a guest fee or pass is required and guests must be with the member at all times.

Our lockers are operated by a $£ 1$ coin or standard trolley token.
We are a cashless business (other than the lockers) and have no means of accepting cash
We are predominately an adults only club with the exception of a Saturday and Sunday between the times of 3 pm and 6 pm when children can access the pool area with an adult.

Our staff have the right to be treated with dignity and respect at all times without the risk of verbal or physical behaviour or violence. Any offending member of this behaviour will be asked to leave with immediate effect and membership may be terminated.

Please respect other members within the facility at all times. Any member found to be verbally or physically abusing another member will be asked to leave with immediate effect and prosecution in lines of the law may be sought upon.

## Gym

An induction is required prior to using our health and fitness facilities, this can be a full 60 minute induction or a 15 minute quick start induction.

The gym is for use by over 16's only at all times.
Suitable clothing and footwear to be worn at all times
Sanitise equipment after use, disinfectant spray and paper towels are provided.
Please ensure all equipment is returned to its designated area after use.

If the gym is busy, please refrain from monopolising the equipment.

## Swimming Pool \& Spa Faciliites

Shower before and in between using the poolside facilities.
Phones and cameras are not permitted on the poolside under any circumstances.
The jacuzzi, sauna and steam room are for use by over 16 's only at any time.

There is a ratio of adults:children during our family swim times. Please speak to reception for further information on this.

