

POOL RULES & REGULATIONS



1. All **pool users must report to reception prior to using the pool**. Access to the pool should only be available through the wet changing rooms, or the corridor leading from the Family Changing Room.
2. All pool **users should be familiar with the pool timetable** which is available online via our website (<https://bookings.coletshealthclub.co.uk>).
3. It is our intention that **the pool is supervised by RLSS qualified lifeguards** at all times. There may, however, be instances where this is not possible. In such situations, users should be advised at reception as they check-in for a swim. The Duty Manager will be aware of instances of no supervision.
4. All pool users must **shower before entering the pool area**. Parents please make sure that **children have visited the bathroom and remove plasters** before entering the pool.
5. **Sauna users must shower before entering the pool.**
6. **Entry to the pool must be in a safe and controlled manner.**
7. Please **do not run anywhere in the pool area or dive into the pool**. 'Bombing,' running jumps and any other jumps into the pool that are considered dangerous by the lifeguard on duty are also forbidden.
8. We ask **members to respect other pool users at all times**; please refrain from excessive noise, disturbing other members with toys, or occupying the spa or sauna for unreasonable periods when others are waiting to use them.
9. Use of the large floats / mats is only allowed during supervised junior activities or parties. Pool users may not bring their own large inflatables into the pool.
10. Cloth water balls may be used, but not during busy periods - they are issued at the lifeguards' discretion.
11. No outdoor footwear is permitted in the pool area. For health and safety reasons we require all pool users to wear appropriate poolside footwear in the wet changing rooms and on poolside.
12. Appropriate **swimwear must be worn at all times in the pool, spa and sauna**. Cut-off jeans, clothing with running dyes etc. must not be worn.
13. Any jewellery that is likely to come loose or fall off in the pool should be removed prior to using the pool. **Any jewellery worn is done at one's own risk.**
14. No flippers may be worn in the pool at any time. Members are allowed to use shorter Training Fins (Monday to Friday, before 9:00 and after 19:30 - or weekends after 18:30). Swim Squad may also use fins during their supervised sessions.
15. The pool has a maximum capacity of 70 users. **Lifeguards and the Duty Manager have the authority to clear the pool and / or deny access to the pool if they deem it in the interests of safety** to do so; this situation may be occur before the maximum capacity is reached.
16. Non-swimmers or **people who have difficulty in swimming must make themselves known to lifeguards**. They should not venture beyond an appropriate depth in the pool. Persons with disabilities or illnesses which may affect their swimming or communication (e.g. asthma, diabetes, epilepsy, learning difficulties) should inform the lifeguard before entering the pool (or reception on instances when there is no lifeguard on duty). This is for their own safety.

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17. Juniors under 13 (except those that have obtained the 'super swimmer' card) must be supervised by an adult (a parent or guardian of 18 years of age or greater) at all times in the pool area. A parent or guardian must be on-site if their super swimmer child is using the pool. Supervision is defined as being in the pool within arm's reach; 'supervising' from poolside in outdoor clothes is not permitted. Children must also be accompanied in the changing areas.
18. We request that members adhere to the following ratios when using the pool with juniors:
 - 0-5 years: one adult to one junior**
 - 5-12 years: one adult for every two juniors, unless Junior is a Super Swimmer or is using wearable swimming aids (arm bands or floatation jacket)**
 - Maximum Parent / Guardian to Junior ratio = 1:4**
(This is at the discretion of the lifeguard / Duty Manager.)
19. Juniors (under the age of 18) are not permitted to bring guests into the pool other than a parent or guardian for the purposes of supervision. 'Super-swimmers' will only be given admission to the pool on production of their 'Super Swimmer' card. A maximum of four 'Super Swimmers' will be allowed in the pool at any one time.
20. Juniors under 13 may not use the sauna or spa; this includes small children sitting on the edge with their feet in the spa.
21. No food or drink, other than water in re-usable bottles, may be taken poolside.
22. No mobile phones, cameras, personal stereos or radios may be used in the pool area.
23. Persons under the influence of alcohol should not use the pool, sauna or spa. Colets reserve the right to ask anyone suspected of being under the influence of alcohol to leave the pool area for their own safety and the safety of other users.
24. Staff training requirements may dictate that the pool be closed for short periods of time on a monthly basis. **Training usually takes place on the first Thursday of every month (20:00-21:00).** Signs will be up at reception on the day, and we will endeavour to give as much notice as possible.
25. There should be **no children greater than 9 years of age in the changing room of the opposite sex.** If needs be, please use the family / disabled changing room or come 'beach ready' (costume underneath).
26. In instances of the Fire Alarm sounding, please standby to exit the pool. Our protocol is to **re-sound the alarm in cases of an actual fire, at which point members are to exit the building via the nearest Fire Exit and proceed to the rear car park** (by the shipping container). The lifeguard will be on-hand to assist with emergency foil blankets for swimmers.
27. Please **do not bring food into the changing rooms.** It is unhygienic and encourages pests.
28. **During Aqua classes, the following lane allocation is provided to each activity:**
 - Aqua class with 10 or less people: 1 x Double Lane for Aqua, 2 x Double Lane for swimming
 - Aqua class with 11 to 15 people: ½ Pool for Aqua, ½ Pool for swimming
 - Aqua class with 16+ people: 2 x Double Lanes for Aqua, 1 x Double Lane for swimming
 - Deep Water Aqua: Deep end (½ Pool) for Aqua, Shallow end for open swimming