

Club Rules



1. All bathers with long hair, at least to shoulder length, must wear a swim cap or alternatively tie the hair in a pony tail.
2. All outdoor shoes must be removed before entering the poolside area, shower areas or changing rooms. Outdoor shoes may be left in the slipper room on the ground floor, or outside the upper changing room on the first floor.
3. In all instances, members must take a cleansing soap shower before entering the pool, and in addition, shower before entering the pool after using the sauna, steam room or Turkish Suite.
4. Members must towel down before entering the changing areas and in particular, the cool room.
5. Members must put wet bathing costumes into the laundry baskets and not return them to their pegs when wet. Likewise, all used towels and sheets must be placed into the laundry baskets after use.
6. Children under the age of 8 years must be accompanied in the water by a senior member, except when the children are participating in an approved activity, for example swimming lessons. A senior member can be responsible for:
 - A maximum of 2 children aged 4 years and over but under 8 years.
 - A maximum of 1 child aged under 4 years, except if the swimming activity is restricted to the shallow end of the pool where this ratio may be increased to 2 children under 4 years.

The senior member must enter the water with the children they are accompanying and remain within reach of the children at all times, regardless of their swimming ability. Use of the poolside sauna, and any other facility, is strictly prohibited.

7. A non or weak swimmer is someone who cannot swim 10m on front and back and who cannot tread water for more than 30 seconds. Non or weak swimmers are restricted to the shallow area of the pool, unless they are under the direct supervision of a qualified swimming instructor within a swimming lesson environment. All non-swimmers must wear approved swimming aids, except in an approved teaching environment, when this requirement will be at the discretion of the swimming teacher.
8. Members are expected to comply with club etiquette and observe the one swimmer to one lane practice.
9. Club members, parents or guardians must advise staff on their arrival of any illness, disability or impediment which may affect their ability to participate fully in normal swimming activity. Admissions to the swimming pool will be refused if a member is knowingly suffering from any infectious or contagious disease or has done so within the previous two weeks.
10. Club members or guests who are considered to be under the influence of alcohol and/or drugs will be refused admittance to the club.
11. The classification of a junior member is anyone under the age of 18 years. Junior members and families with small babies and young children must use the Family Changing Area at the shallow end of the pool. Any nappies and other contaminated materials must be disposed of in the bin provided in this area.
12. Junior members aged 13 to 18 are prohibited from using the facilities in either the main gymnasium or free weights room, unless accompanied by a responsible adult.
13. Junior members are prohibited from using the club saunas, steam room, Turkish Suite, cool room and senior baths.
14. The use of the rings and trapeze will be subject to the guidelines displayed on pool side and at the discretion of staff on duty.
15. The use of snorkels may be restricted during general swim sessions. Fins are restricted to laned swimmers only, where there is no risk of accidental contact with another swimmer. Fins must be removed upon exiting the pool. Face masks are prohibited.
16. Due to the sensitivity associated with the use of mobile telephones for recording images, their use is strictly prohibited within all areas of the club, with the exception of the bar and foyer.
17. Likewise, the use of cameras or any other image recording facility are prohibited within all areas of the club, with the exception of the bar and foyer.
18. Up to 2 visitors may be signed in by a senior member at any one time, on the completion of a *Physical Readiness Questionnaire (PARQ)*. The same visitor cannot be signed in more than once every two months. A fee of £5 per adult and £3.50 per child over the age of 5 years will apply. Members will be responsible for the conduct of their visitors. Visitors are unable to use the bar, unless signed in by a member. Junior members are not permitted to sign in guests.
19. No foodstuffs, glasses or glass containers of any description are permitted on the poolside or within the shower areas.
20. Service animals are permitted in the pool area but not in the pool itself.
21. No person within the club shall behave in such a manner as to jeopardize the safety and health of themselves and others.
22. Running, boisterous or rough play, pushing, dunking, wrestling, offensive or disruptive splashing or yelling, diving or jumping without care and caution, snapping of towels, improper conduct causing undue disturbances in or around the pool area or any acts which would endanger any patron are prohibited.
23. Any person whose behaviour is deemed inappropriate by club staff will be removed from the Club, and if appropriate, the police will be summoned. This will result in the immediate cancellation of Club Membership.
24. Any person causing a disturbance or using threatening or abusive language whilst in the Club will be removed and, if appropriate, the police will be summoned. This will result in the immediate cancellation of Club Membership.
25. Anyone found obstructing or causing a disturbance to any other person, including staff carrying out their duties, will be asked to leave and, if appropriate, the police will be summoned. This will result in the immediate cancellation of Club Membership.