



HIGHLANDS END

Relax, recharge, indulge and enjoy

SWIMMING POOL, SAUNA AND STEAM ROOM RULES

1. All members must show their membership card on each visit before using the Pool, Sauna or Steam Room. Entry cannot be guaranteed without your membership card.
2. Memberships cannot be transferred or refunded.
3. Visitors staying at our Parks must give their name, park and type of accommodation to the attendant on arrival.
4. Please note there is no provision for spectators.
5. The Swimming Pool, Sauna (18+) and Steam Room (18+) are open to members every day throughout the year, with adult only sessions at specified times. The opening hours may be varied to suit demand during the year.
6. Please do not enter the Pool Hall until the opening time. This is to give time for water testing and other essential tasks. If you arrive early you may wait in the lobby until the attendant is ready and it is safe to open.
7. The Sauna and Steam room is unavailable on a Tuesday this is for cleaning and other essential tasks.
8. The Leisure club building closes 30 minutes after the time stated. This allows time for members to vacate the facilities and use the showers and changing rooms before leaving
9. Persons under the age of 18 can only become a member if their parent/guardian is a member. Children between 15 and 18 years who can swim unaided can use the pool unaccompanied provided the responsible adult has signed the consent form.
10. Adult members may bring guests and members are responsible for ensuring that guests abide by the rules.
11. Any person who is a non swimmer or under the age of 15 must be accompanied by an adult swimmer (3:1 ratio max). The adult must be in swimwear and remain in the pool hall for the duration of their swim. They must not use the Sauna or Steam room whilst the child or non swimmer is in the pool.
12. Only recognised swimwear may be worn in the pool hall, sauna and steam room, shoes are not permitted including pool shoes. All clothes and personal belongings should be put in a box provided and placed on the shelves in the Pool Hall. No glass or breakable containers are permitted.
13. To maintain our high standards of water quality, please walk through the footbath and shower before using the Pool, Sauna or Steam Room and re-shower if returning to the Pool after using the Sauna or Steam Room.
14. It would be appreciated if members ensure that clean footwear is worn into the Leisure Club and a Pool Attendant can provide you with a bag for dirty footwear if necessary.
15. Diving, jumping or throwing is not allowed, nor is the use of inflatables, balls, flippers or snorkels. Small inflatable rings are allowed as a flotation aid.
16. The Pool Attendant will stop any activities or behaviour which are considered to be dangerous to the individuals involved or other swimmers and this may result in the termination of your membership.
17. Shampoo, soap, fragrance oils or body lotions are not permitted in the Swimming Pool Hall.
18. Steam Room users must not use any scented oils or similar.
19. Only food or drink purchased from the Pool Reception may be consumed on the premises.
20. The operation of the Pool takes into account the guidelines in the booklet "Safety in Swimming Pools" In particular the code refers to the Swimming Pool Users Safety Code, which is on display and should be read and followed by all users.

The Management reserves the right to ask individuals to leave the Pool and/or terminate membership, with or without refund of fees, if the rules and safety are not adhered to. Your co-operation and assistance in following the above is appreciated to ensure good standards are maintained for the benefit of all swimmers.



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GYMNASIUM RULES

1. All members must show their membership card on each visit before using the Gym. Entry cannot be guaranteed without your membership card.
2. Non-members must pay the appropriate fee at the Pool reception before entering the Gym.
3. Memberships cannot be transferred or refunded.
4. Visitors staying at our Parks must give their name, park and type of accommodation to the attendant on arrival.
5. The Gym is open to members and non-members every day throughout the year. The opening hours may be varied to suit demand during the year.
6. The Leisure club building closes 30 minutes after the time stated. This allows time for members to vacate the facilities and use the showers and changing rooms before leaving
7. Persons aged between 15 and 18 years can use the Gym unaccompanied provided their parent/guardian has signed the consent form.
8. It is strongly recommended that all Gym users have an induction prior to using the facilities this will ensure the safe use of the equipment and avoid any personal injury.
9. Inductions can be booked with a qualified fitness instructor who will prepare a fitness programme tailored to suit your personal needs and abilities. Inductions are free of charge for Gym users taking out a membership lasting 6 months or more.
10. It is important that the Gym equipment is used correctly and we recommend you have an induction with a qualified fitness instructor. However, an attendant will be happy give you a basic understanding on how to use each piece of equipment if they are available. Gym users must adhere to the guidelines given by the attendant.
11. Only gym wear and non marking shoes are permitted, no outdoor shoes. All other clothes and personal belongings should be a put in a box provided and placed on the shelves in the Gym.
12. No glass or breakable containers are permitted.
13. It would be appreciated if members ensure that clean footwear is worn into the Leisure Club and a member of staff can provide you with a bag for dirty footwear if necessary.
14. A member of staff will stop any activities or behaviour which are considered to be dangerous to the individuals involved or other gym users and this may result in the termination of your membership.
15. Please be courteous to other Gym users and avoid spending long periods of time on one piece of equipment during busy times.
16. It is recommended that you bring a small towel with you to sit on whilst using the equipment and it would be appreciated if you could wipe the seats after use.
17. Only equipment belonging to Highlands End should be used on the premises. Please refrain from bringing any personal Gym equipment with you e.g. weights.

The Management reserves the right to ask individuals to leave the Gym and/or terminate membership, with or without refund of fees, if the rules and safety are not adhered to. Your co-operation and assistance in following the above is appreciated to ensure good standards are maintained for the benefit of all Gym users.