

THESE ARE NON-LIFEGUARDED POOLS

BATHERS MUST LOOK AFTER THEIR OWN SAFETY AND THE SAFETY OF OTHER BATHERS.

CHILD SUPERVISION IS THE RESPONSIBILITY OF THE ACCOMPANYING RESPONSIBLE PERSON.

ADULT TO CHILD RATIO MUST BE ADHERED TO – SEE DEDICATED SIGNS FOR MORE INFORMATION.



IF YOU SEE SOMEBODY IN
DIFFICULTY, HERE'S HOW YOU
CAN HELP.



ACTIVATE A POOLSIDE
ASSISTANCE BUTTON

THESE ARE LOCATED ON EACH OF THE FOUR
INTERIOR WALLS OF THE POOL.

THIS WILL START OUR EMERGENCY RESPONSE
AND ASSISTANCE WILL COME.



FOLLOWING ACTIVATION
OF THE ALARM:

1. KEEP CALM
2. SHOUT HELP, HELP AS LOUD AS YOU CAN,
ALERTING OTHER BATHERS TO THE INCIDENT.
3. IF YOU FEEL SAFE TO DO SO REACH OUT
WITH THE SUPPLIED REACH POLE LOCATED
ON THE LEFT SIDE OF THE POOLSIDE OR
ALTERNATIVELY USE POOLSIDE RESCUE
EQUIPMENT IF YOU FEEL CONFIDANT TO DO SO.

POOL RULES:



NO DIVING



NO JUMPING



NO RUNNING



NO INFLATABLES



NO BALLS



PHOTOGRAPHY IS
NOT PERMITTED
IN THE POOL
ENVIRONMENT



NO OUTDOOR SHOES
OUTSIDE OF THE
CHANGING ROOM



TRIMINGHAM

LEISURE CLUB

THESE ARE NON-LIFEGUARDED POOLS

ADULT SUPERVISION IS ESSENTIAL FOR ALL CHILDREN UNDER 16.

IF YOU SEE ANY CHILDREN ON THEIR OWN YOU
MUST REUNITE THEM WITH THEIR RESPONSIBLE ADULT.



IN ALL INSTANCES, NON-SWIMMERS MUST BE SUPERVISED BY AN ADULT SWIMMER.



RESPONSIBLE PERSON



A RESPONSIBLE PERSON TO SUPERVISE THEIR CHILDREN

AGED 16 YEARS (OR OVER)

CHILDREN



NO CHILD LONE BATHING UNDER 16 YEARS

CHILD AGED 0 – 3 YEARS



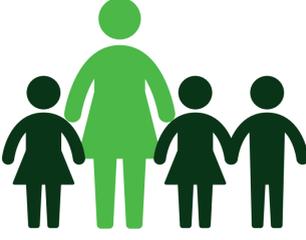
1 x RESPONSIBLE PERSON
1 x CHILD (MAXIMUM)

CHILD AGED 4 – 7 YEARS



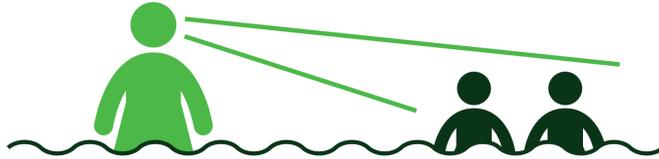
1 x RESPONSIBLE PERSON
2 x CHILDREN (MAXIMUM)

CHILD AGED 8 – 15 YEARS



1 x RESPONSIBLE PERSON
3 x CHILDREN (MAXIMUM)

SUPERVISION



THE RESPONSIBLE PERSON MUST SUPERVISE IN THE WATER WITH THE CHILD / CHILDREN

⊘ NOT FROM THE POOLSIDE OR ELSEWHERE



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LEISURE CLUB

GYM RULES

1. To enter the Leisure Club you need a key fob or pin number. You can not lend it to anyone else as it belongs to you (you'll need to swipe in on every visit).
2. To ensure the Leisure Club fit for use, we might need to close it – or certain areas – from time to time. Thank you for your patience.
3. If we need to change the Leisure Club's opening hours for any reason, we will to give you as much notice as possible.
4. Keep your valuables with you or placed safely away in a locker at all times. If we find anything, it will be placed in lost property.
5. Only food purchased from the Leisure Club can be eaten.
6. Please wear appropriate gym attire at all times i.e no bare chests, no denim, no outdoor footwear.
7. When using the wet areas, swimsuits must be worn at all times. Please remember to take all personal belongings on leaving the Leisure Club.
8. Please be ready to leave the Leisure Club by closing time.
9. Please replace weights and do not drop them. This causes a safety hazard, damages the equipment disturbs other Leisure Club members.
10. In the changing rooms, please close lockers after use and put all rubbish in the bins provided.
11. We want to make sure we have as many lockers available for our members as possible; therefore please can we ask that you do not leave items overnight, as they'll need to be removed.
12. If we have to remove items rest assured we always have 2 members of staff to empty a locker, and we will store your items for 4 weeks. To cover the cost of removal, we will ask for a small fee in return.
13. Glass is not permitted in the gym. Please use plastic bottles and cups only.
14. In the interest of cleanliness and hygiene, please wipe down equipment after use and always use a sweat towel.
15. We consider our members and staff as one big, happy, healthy family so please respect the Leisure Club, our staff and each other at all times.
16. No telephone calls to be made in the gym. Smartphones should be set to silent.
17. If using a smartphone, tablet or other device in the club or as part of your workout it is your responsibility to keep it safe and secure, we encourage you to keep it on you rather than the equipment.
18. Appropriate behaviour is required at all times so as not to jeopardise your safety or the safety of others. If in our reasonable opinion, a member's continued membership is likely to be injurious to the character and interests of any particular club, we reserve the right to terminate that membership at any time.



TRIMINGHAM

LEISURE CLUB

SPA POOL RULES

1. This Spa Pool is for use by persons aged 8 or over, you must be accompanied by an adult up to age 16.
2. Be aware that the Spa Pool water temperature can be up to 40°C
3. You should not use the Spa Pool if:
 - a) You have a serious illness, a heart condition, high or low blood pressure or any other medical condition which may affect your reaction to heat or are a diabetic (seek medical advice)
 - b) You are taking medication for illnesses affecting the heart and circulation, are immunocompromised, subject to fits or pregnant (seek medical advice)
 - c) You are under the influence of alcohol or drugs
 - d) You have a contagious disease, infectious skin condition, open sores or wounds
 - e) You have had a heavy meal within the last 1.5 hours
4. There is a maximum number of 8 bathers in the Spa Pool
5. Maximum time in the Spa Pool is 15 minutes, then cool off by resting away from the water
6. Enter and exit the Spa Pool slowly and carefully, using the handrails when going up and down the steps. No jumping into the water
7. You should not submerge your head below the water when using the Spa Pool
8. If you feel unwell at any time, leave the Spa Pool immediately and contact a member of staff.
9. Failure to comply with these rules constitutes grounds for exclusion from the premises or cancellation of your membership.



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