



## SPA POOL RULES

1. This Spa Pool is for use by persons aged **8 or over** and all children must be accompanied by an adult until the age of 16.
2. Be aware that the Spa Pool water temperature can reach up to 40°C.
3. You should not use the Spa Pool if:
  - You have a serious illness, are diabetic (seek medical advice), have a heart condition, high or low blood pressure or any other medical condition which may affect your reaction to heat.
  - You are taking medication for illnesses affecting the heart and circulation, are immunocompromised, subject to fits or pregnant (seek medical advice).
  - You are under the influence of alcohol or drugs.
  - You have a contagious disease, infectious skin condition, open sores or wounds.
  - You have had a heavy meal within the last 1.5 hours.
4. A maximum of 8 bathers are permitted in the Spa Pool at any one time.
5. Maximum time allowed in the Spa Pool is **15 minutes**, thereafter you are required to rest and cool off away from the water.
6. Enter and exit the Spa Pool slowly and carefully. Use 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.