

# Swimming Pool & Health Suite Guidance & Etiquette

## General

- Always check with your GP first if you are unsure whether or not you should be exercising
- Ensure you have read and understood the “Active Nottingham Health Commitment Statement” before taking part in activities
- Do not take part in activities if feeling unwell
- Stay hydrated - drink little and often
- Always shower before using the facilities
- Obey all safety rules and information displayed for safe use of swimming pool and health suite.
- Wear suitable, safe, decent and hygienic swimming attire (no football shorts or shorts longer than knee length, tracksuit bottoms or see-through items)
- Wear shoe covers provided or remove footwear before entry to changing areas or poolside
- Do not leave clothing or other items in changing rooms or cubicles including during Nottingham Swim School
- The facility takes no responsibility for items left unattended at any time - use lockers provided at all times
- Wear a wristband at all times if provided as part of your session
- Please do not take the following items into the poolside or health suite - mobile phones, food, breakable cups and glasses, razors, body scrubs, hair dye, oils or essence products, soaps, shampoo or gels
- Mobile phones are not used in any of the activity areas for calls, photos or social media e.g. live video recording
- Listen out for emergency alarms and then follow staff instructions

## Health Suite

- Equipment in the Health Suite is automated for temperature and timings. Please do not tamper with this equipment as it may cause it not to work correctly or to break
- Follow recommended usage times and instructions for the sauna, steam and spa facilities, taking a cool shower in between
- Children under the aged 13 and under are not permitted to enter or use the health suite. Anyone between the age of 14 and 16 years must be accompanied by an adult at all times
- Respect other users time spent in the Health Suite area keeping noise levels to a minimum.

## Swimming Pool

- Not to spectate on poolside (unless permission given by management)
- Babies must wear swim nappies for all swimming pool sessions
- Identify a suitable swim session for your ability from the relevant centre pool programmes, taking into account session type and depth of pool
- Know and stay within your swimming limits
- Inform a lifeguard before entering a pool if you have a medical condition we need to be aware of
- Please follow the pool rules which are displayed at each pool and follow the instructions of the lifeguard
- Please see our under 8s policy for details on pool admissions for under 8s