

HEALTH & SAFETY GUIDELINES & MEDICAL CLEARANCE

Please adhere to the following health & safety guidelines:

1. Children under the age of 12 must be supervised by an adult at all times in the pool area.
2. Children under the age of 16 must be supervised by an adult.
3. No-one under the age of 12 is allowed in the Sauna, Steam Room, Hot tub or Plunge Pool.
4. It is advisable to wear Flip Flops on the Pool Deck and Changing Room.
5. Non-swimmers must wear arm bands in the swimming pool
6. Floatation devices are only allowed at the staff's discretion.
Balls are not allowed
7. No petting is acceptable anywhere in the Leisure Centre.
8. Showers must be taken before entering or re-entering the pool.
9. No cameras or camera phones are permitted within the Complex.
- 10 Wash your feet in the foot baths before entering the pool area.
- 11 No outdoor shoes or push chairs are permitted on the pool deck.
- 12 No food, drink, sweets or chewing gum is permitted in the pool area.
13. Anyone with any medical problems or on any medication should inform the staff before using any of the leisure facilities.
- 14 Everyone using the facility must be accounted for on the sign in sheet or by using the Club scanning system.
- 15 Members are responsible for their guests at all times during their visit.
- 16 Carrickdale will not be responsible for any loss, damage or injury to any persons whilst on the premises of Carrickdale.
17. Strictly no running, jumping, diving or bombing.
18. Jewellery should be removed before using the Pool or Jacuzzi.
19. We are a Private Club and **do not** provide Life Guards on the pool side, you are fully responsible for yours and the safety of children in your care.
20. When you have read these regulations, please sign the Hotel Residents Sign In Sheet and confirm that you and everybody in your group understands and agrees to conform to the Leisure Club Rules and Regulations and that you have informed the Leisure Staff of any medical conditions or medication being taken by you or anyone in your party.

Also, Please Note:

Swimming Hats are compulsory to wearing in the pool.