



## **POOL & SPA SAFETY INFORMATION LEAFLET**

We want you to relax and enjoy the Seafront Leisure Centre facilities and this information leaflet is to help you get the most out of your visit.

Safety is paramount. Supervision is a partnership between us and the bathers - and we all have a part to play in this.

It is not advised you use the pool/spa/sauna/steam room facilities if any of the following apply to you:

- a) Pregnancy
- b) Diabetes
- c) Epilepsy
- d) Heart disease, circulatory problems, high or low blood pressure
- e) Infectious skin disease, sores and wounds
- f) Illness causing an inability to perspire
- g) Are taking antihistamines, anticoagulants, vasoconstrictors, vasodilators, stimulants, hypnotic or tranquiliser or any other medication which makes the potential user unsure as to the advisability of using the sauna/steam room
- h) Have consumed a heavy meal within 1.5 hours
- i) Suffer from migraine attacks
- j) Suffer from any condition whatsoever that makes the user unsure as to the advisability of using the sauna/steam room
- k) Alcohol/illicit substance consumption



If you have children who require floatation devices we recommend that you purchase them either from the store at the Park's main reception building or pool reception desk.

### **Swimming pool rules**

- Please check the location of the emergency alarm and phone before using the pool
- Parents are responsible for the supervision of children
- Maximum pool depth 1.2m
- All bathers must shower before entering the water
- Children less than 1.0m tall and/or who are non-swimmers must wear floatation devices
- Children under the age of 12 must be accompanied by an adult
- Children under the age of 8 must be accompanied, in the water, by an adult
- No more than 2 children can be supervised by 1 adult
- Food, drinks and glass containers are not permitted in or around the pool
- Do not use the pool if you have had an illness or diarrhoea in the last two weeks
- The pool supervisor may restrict user numbers if the pool becomes over-crowded
- Diving and running are not permitted

### **Steam room, sauna and spa pool rules**

- The steam room, sauna and spa must only be used by those over the age of 16
- Please leave the spa pool as soon as the water action stops
- Do not use the facilities if you have had an illness or diarrhoea in the last two weeks
- If you are pregnant or suffer from a known medical condition, please speak to a member of the leisure team for advice on using these facilities

Please pass this information to anyone who is visiting the Park.

We thank you for your co-operation.

## **SEAFRONT LEISURE CENTRE RED LION HOLIDAY PARK**

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