

# A friendly reminder before you go swimming

## Pool safety and admission rules



Make sure children under eight are accompanied by an adult over 18 years with a maximum of two children per adult.



Children over 8 years must use their own gender specific changing rooms.



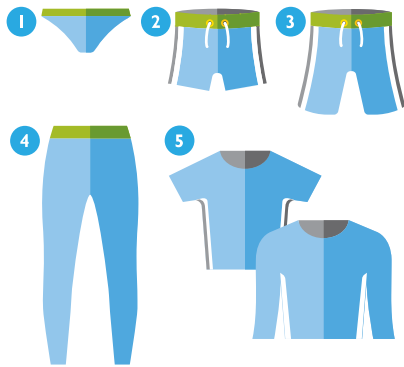
Customers are advised not to swim if you have consumed a meal within the last hour, or have had an upset stomach.



Follow the lifeguards' instructions, they want you to have a great swim in safety.

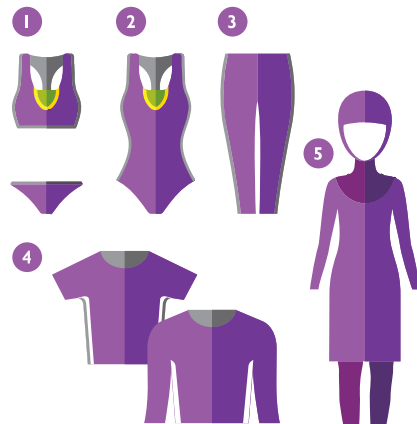
## Appropriate swimwear

### Includes the following:



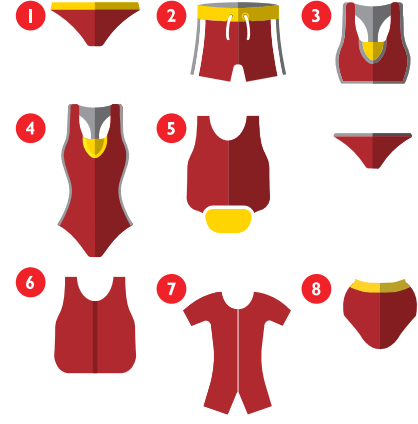
#### Male

- 1 Swimming trunks
- 2 Swimming shorts
- 3 Knee length shorts including board shorts
- 4 Lycra leggings (Including below knee)
- 5 Short and long-sleeve close-fitting t-shirts



#### Female

- 1 Bikini's/Tankini's
- 2 Swimming costumes
- 3 Lycra leggings (Including below knee)
- 4 Short and long-sleeve close-fitting t-shirts
- 5 Swim dresses



#### Young Children

- 1 Swimming trunks
  - 2 Swimming shorts
  - 3 Bikini's/Tankini's
  - 4 Swimming costumes
  - 5 Float suits
  - 6 Neoprene "float jackets"
  - 7 Knee and elbow-length suits
  - 8 Swim nappies
- Swim nappies must be worn by children not yet toilet trained, and are available for purchase from reception.

## Inappropriate swimwear

Includes the following: Underwear, or any garment with obscene or offensive pictures or slogans. Denim or heavy garments, including cotton leggings, long flowing clothes and baggy t-shirts.

**Swimwear which is not made from chlorine-resistant materials may be damaged. We would advise that weak or non-swimmers wear close-fitting swimwear (i.e. swimming trunks or a full swimsuit) to aid their learning experience.**

**Everyone Active reserves the right to determine whether swimwear is appropriate.**

## Pool hygiene



All swimmers are requested to shower and use toilet facilities prior to swimming.



Customers who have suffered from sickness and/or diarrhoea must not swim until symptom free for 48 hours or 14 days if diagnosed by a GP with Cryptosporidium.



Swim nappies must be worn by children not yet toilet trained.

## Photography and videography policy



Our policy is to try and use a common sense approach. Customers are free to take photographs whilst taking part in sport and fitness activities within family and social groups.

#### Photography / Videography Consent

In some circumstances Everyone Active will request that written approval is gained in advance. These include commercial photography related to sporting or coaching events and promotions. If you are unsure please ask our site duty manager.



It is not appropriate for photography or videography to be used in any changing room areas, washrooms, health suites, saunas, steam rooms and within the swimming pool water.

**If you are concerned about someone using a camera, mobile phone or other device please contact reception.**

**Enjoy your swim today!**

everyone  
ACTIVE