

Swimming Pool Use

General Information

- ❖ Pool facilities (swimming pool, showers, WC, changing rooms and lobby) at Cranmer Country Cottages (CCC) are owned and operated by Lynne and John Johnson and are to be managed and administered by such person as they shall nominate.
- ❖ CCTV is installed for safety and security reasons (it is not used for constant surveillance).
- ❖ Pool is unsupervised – members and guests are advised to exercise extreme care when using the swimming pool facilities and swim at their own risk.
- ❖ Persons under 16 years of age are permitted to use the facilities only when accompanied by an adult who shall be responsible for that person's conduct at all times.
- ❖ No smoking and no food to be consumed in the pool buildings.
- ❖ **Please observe the pool timetable (see over) and vacate the pool and the changing area at the end of the session as shown. Lights will go out at the end of the day's session.**
- ❖ **Please do not leave soiled nappies in the changing rooms** – please double wrap and place in bins available in the parking area.
- ❖ Any outside organisation hiring the pool by special arrangement for group swimming sessions will need to provide two qualified lifeguards and CCC will require information on numbers and their swimming skills.
- ❖ Pool will be available at the prescribed times only. This includes changing time; the dedicated key will only allow entry at these times.
- ❖ Pool may be closed for essential maintenance work, special functions or for any other reasons the management may feel necessary.
- ❖ Members and guests are required to use the club facilities in a proper and reasonable manner.
- ❖ CCC accepts no liability for any illness or injury resulting from overexertion of or any precipitation of any medical condition caused by the use of the swimming pool facilities.
- ❖ No responsibility will be accepted for loss or damage to the property or valuables of any member or guest even those that are left in the lockers provided.
- ❖ CCC reserves the right to alter the rules, fees, membership, prices and available facilities at any time and for any reason.
- ❖ In the interest of SAFETY all users must observe the *Swimming Pool User's Safety Code* and follow the Pool Rules at all times.

Terms and Conditions of Use

- ❖ All guests and members using the swimming pool and changing facilities are expected to abide by the following terms and conditions of use and CCC reserves the right to deny access to the pool facilities of any guest or member who is deemed by the management of Cranmer Country Cottages to have failed to comply.
- ❖ Authorisation to use the swimming pool facilities cannot be transferred/assigned – the swimming pool facilities are provided for use by CCC guests and private members only.
- ❖ Entry to the pool is with a dedicated key given to the guest or member. The key is not transferable and should not be used by anyone under 16 years of age.
- ❖ A key will be supplied to the guests and private members once they have read, understood and agreed to abide by CCC pool rules and emergency procedures and signed the Disclaimer overleaf.
- ❖ Keys are expensive, programmed items and should a guest or member lose a key, they will be charged £20.00. This will be taken from the pre-authorised card payment for your housekeeping deposit.
- ❖ For safety and security reasons guests/members must not admit persons outside of their group to the pool at any time.
- ❖ Entry to the pool area is via the main entrance door only. The glazed emergency exit doors are alarmed and should remain closed at all time. Under no circumstances should persons be admitted through the emergency exits.

Pool Rules

Please follow the Swimming Pool User's Safety Code:

1. Spot the Dangers

Take care, swimming pools can be hazardous. Water presents a risk of drowning and injuries can occur from hitting the hard surrounds or from misuse of the equipment.

Every pool is different, so make sure you know how deep the water is and check for other hazards such as wave machines and steep slopes into deep water, etc.

- ❖ No diving – maximum depth 1.2m deep end, minimum depth 0.9m shallow end.
- ❖ No diving, swimming or playing around the entry steps.
- ❖ No glass, food or alcohol to be brought into the pool premises.
- ❖ No jewellery to be worn.
- ❖ The jet stream must not be used by young children or non-swimmers.

2. Always Swim Within Your Ability

Never swim after a heavy meal or after alcohol. Avoid holding your breath and swimming long distances under water. Be especially careful if you have a medical

condition such as epilepsy, asthma, diabetes or heart problems.

Follow advice provided for the safety of yourself and others. Avoid unruly behaviour which can be dangerous; for instance running on the side of the pool, diving in from the poolside or steps, ducking, acrobatics in the water or shouting and screaming (which could distract attention from an emergency). Always follow the rules and remember that a moment of foolish behaviour can cost a life.

- ❖ No overcrowding – maximum number of 8 persons in the pool hall at all times.
- ❖ No large inflatable toys, masks, snorkels, flippers or beach balls to be used in the pool.

3. Look Out For Yourself and Other Swimmers

It is safer to swim with a companion. Keep an eye open for others, particularly younger children and non-swimmers.

- ❖ Members and guest swim at their own risk. There is no lifeguard on duty.
- ❖ No lone swimmers.
- ❖ Children under 16 years must be accompanied by a competent adult swimmer in the water with them at all times.
- ❖ Maximum ratio: two children per adult
- ❖ Child safety gate at the entrance to the pool hall must remain closed at all times.
- ❖ The large glazed doors must remain closed at all times. They are for emergency use only. They are alarmed for safety and security.

4. Learn How To Help

If you see someone in difficulty, dial 999 from the telephone provide and call for help. In an emergency keep calm and do exactly what you are told.

5. In The Interest of Hygiene

- ❖ Please shower before and after using the pool
- ❖ No outside shoes to be worn in the pool hall or changing area.
- ❖ **Infants must wear aqua nappies and a Splashabout neoprene Happy Nappy (www.splashabout.com). If your child has an accident the pool must be evacuated and closed. The debris must be removed immediately and a member of staff informed. The pool may need extra purification. Infants 12 months or under are not permitted in the water. Never allow a child with diarrhoea to swim. Always encourage children to use the toilet and shower before they swim.**
- ❖ **Adults and children must not swim if they have had diarrhoea in the past 14 days.**

In the Interest of Other Users

- ❖ CCC Guests: Please leave the water at least 15 minutes before the end of the pool session. During busy periods please restrict your swim to 1 hour.
- ❖ Private Members: 1 hour including changing time.
- ❖ Please leave the changing rooms in good order.
- ❖ In the event that a piece of equipment is broken and/or faulty it should not be used and the fault reported to the management.

Telephone 01328 823135 or Lynne 07785 724013.

Medical Emergency 999.

Disclaimer

I hereby confirm that:

I have read, understood and agree to abide by the Terms and Conditions for use of the swimming pool and facilities at Cranmer Country Cottages.

All members of my family/party have been cleared for exercise by our general practitioner and I am not aware if any health problems that would put me or anyone in my party at risk from using the swimming pool and facilities; and

I agree that there must be at least two persons from my party including myself swimming in the pool at all times; and

I will use the swimming pool and associated facilities entirely at my own risk and waive any claim I may have against Cranmer Country Cottages or any of their employees arising from any injury which I may suffer directly or indirectly as a result of my own/my party's/my family's use of the swimming pool, pool equipment or its changing facilities.

Signed:

Name:

Cottage:

Date:

Address:

Timetable:

Monday-Thursday: 7.00 am to 12 midday. 3.00 pm to 7.00 pm

Friday: 7.00 am to 9.00 am. 5.00 pm to 8.00 pm

Saturday: 7.00 am to 8.00 pm

Sunday: 7.00 am to 11.00 am. 2.00 pm to 8.00 pm

CCC reserves the right to deny access to the pool of any person who is deemed by the management to have failed to comply with the above rules and safety guidelines.

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