



Guidelines for Parents/Guardians

In order to provide for the safety of all children we would like parents/guardians to note the following:

Starting age limits:

Little Ducks	- 3 + years
Alligators	- 4 + years
Level 1	- 5 + years

- Please arrive 10mins before start of class
- Children are only permitted to enter the pool 5mins before start of class
- Lessons are 45mins except for Little Ducks & Alligators which are 30mins and for safety reasons children must leave the pool once lessons are finished.
- Children must wear swim hats & goggles– may be purchased from reception
- Alligators must wear arm bands– not provided by club.

Pre Swim Hygiene

Always....

Shower before entering the pool

Did you Know that a Pre swim Shower removes.....

- Sweat
- Dead Skin
- Germs picked up during daily living and much more

Other benefits include

Less chlorine needed due to a cleaner pool

Better for the environment as less chemicals are required

Please note.....

Camera Use: Camera & Video use is strictly prohibited

Child admission policy: All non swimmers & children under 12 must be accompanied by an adult

Changing Rooms: Children of the opposite sex must use the cubicles provided



C Club Members Information

Swimming Pool

- Lifeguards must be obeyed at all times and misconduct of any nature will not be tolerated, for example, no running or bombing is permitted.
- Swimming hats must be worn in the pool at all times. Hats, goggles, armbands and a range of swimwear are on sale at reception.
- Interest of safety, all children under the age of 12 years must be accompanied by an adult at all times.**
- Adult to Child Ratio = 1:3**
- All children must vacate the pool by 6.30pm with the exception of Friday, which is Family night. During July & August as well as school holidays children's hours are extended to 8pm.
- Users must vacate the pool area 15 minutes prior to closing
- It is imperative that all members use the foot sprays and shower before and after using the pool.
- No footwear such as runners are allowed on the poolside (plastic covers can be provided)
- We recommend the use of flip flops in changing rooms and on the poolside.

Sauna, Steamroom and Jacuzzi

You should not use the Sauna, Steamroom or Jacuzzi if you suffer from any of the following:

Serious Illness, High/Low Blood Pressure, High Blood Cholesterol, Asthma, Lung Problems, Epilepsy, Diabetes or any other medical condition that may be affected by exposure to heat.

- If you suffer from any of the above, please consult your GP for guidance on use.
- Recommended time in all of the above is between 5-15 minutes
- Please use the cold shower between use
- Under 16's are not permitted to use Sauna, Steamroom or Jacuzzi
- Pregnant women are not advised to use them.

Gym:

- All users must fill in a health screening questionnaire before entering the gym.
- Suitable attire must be worn, for example shorts or a tracksuit and proper running/walking shoes.
- Never attempt to use any equipment without supervision and instruction from the leisure staff.
- Please do not raise the TV volume, Please bring your headphones to the gym to connect to the volume control system!
- Access to the gym can be gained by entering the code on the key pad outside the door. The code for this month is
- All users to please put weights back after use.

MANAGEMENT RESERVE THE RIGHT OF ADMISSION
THE C CLUB DOES NOT ACCEPT ANY LIABILITY FOR ANY LOSS OR INJURY IN OR AROUND THE FACILITY