

**Swimming Pool Rules**

* **Pool Usage:**
	+ Pool bookings can only be made by Moat House Farm Swim members, all members are required to sign membership documents including pool rules, safety procedures and disclaimer prior to using the pool.
	+ Members may bring guests to use the pool provided they have been booked and paid for using the booking system.
	+ Only booked and paid swimmers must enter the pool and spa areas, unauthorised use is not permitted.
	+ A standard session allows for up to 4 swimmers. Additional swimmers can be added and paid for when booking.
	+ The maximum number of swimmers allowed in the pool at any given time is 8 people.
	+ Swimmers must leave the pool, changing areas and pool building within their allocated swim time.
	+ Please check the notices within the pool and on the website regularly for any information and changes to pool rules or safety procedures.
	+ Please remain in the immediate vicinity of the pool area/ building. Swimmers are not permitted to play on the lawns/ stray into farmyard/ garden.
* **Supervision**: Children under 16 must be accompanied by an adult at all times. There must always be one responsible and competent adult swimmer present when accompanying children , or non- swimmers. Ratio of one adult per two children is required. Adults must be able to contact emergency services and care for youngsters in the event of an accident.
* **Safety Procedures**:
	+ Swim at your own risk: No lifeguard is on duty, swimmers are responsible for their own safety.
	+ No lone swimmers: For safety reasons we do not allow lone swimmers.
	+ The hook is for emergency use only.
	+ Do not swim after consuming a heavy meal or after alcohol, strong medication or prescribed/ recreational drugs (unless approved by a doctor).
	+ Limit time in the sauna and jacuzzi to 15-30 minutes to prevent dizziness or dehydration
	+ Avoid jacuzzi/ sauna if you are pregnant, have heart conditions, high blood pressure or other medical concerns.
	+ Young children are not permitted to use the jacuzzi/ sauna.
	+ Exits must be kept clear at all times.
	+ Please notify the owners immediately of any damage to the pool or equipment.
	+ Do not permit members of your group to stray into the farmyard/ stables where hazards may exist. Dogs are not permitted.
	+ Please drive with extreme caution at all times, cars are parked at the owner’s risk.
* **Health and Hygiene**:
	+ Do not enter the pool if you have an open wound, rash, or are experiencing or recovering from diarrhoea.
	+ Shower thoroughly with before entering the pool or spa areas.
	+ When using the sauna please lay / sit on a towel.
	+ Swim nappies are required for babies and young children who are not toilet trained. If an accident occurs please notify the owners immediately.
	+ No outdoor footwear allowed into the changing rooms or around the pool. All footwear to be left in shoe basket.
	+ Appropriate swim attire must be worn at all times.
* **Behaviour**:
	1. No running, pushing, or rough play in or around the pool.
	2. Diving, flips, and backward jumps are prohibited.
	3. Only approved flotation devices are permitted in the pool. No water pistols or water guns are allowed
	4. No food, gum, or glass containers are allowed in the pool area. Only plastic water bottles are permitted.
	5. No smoking or vaping in or around the pool complex.
* **Emergency Procedures**: In case of an emergency, use the numbers in the pool area to call for help immediately and/ or 999. In the event of an accident or incident, please complete the accident book and notify the owners.
* **Pool Area Maintenance**:
	+ Swimmers must leave the pool area and changing areas clean and tidy taking any rubbish and swim nappies with them. Please re-check before you leave.
	+ Keep chairs and other furniture away from the edge of the pool
	+ All external doors in the pool area should remain closed at all times other than on very hot days as this maintains the important temperature balance within the pool complex.