

TREWINCE LEISURE RULES

Our main objective is to provide quality health and fitness facilities for its members in a relaxing and friendly environment. The following rules are amended from time to time.

MEMBERSHIP

Members, guests and their children shall not use any club facilities whilst suffering from any infections or contagious illness, disease or other ailment or whilst suffering from any physical ailment such as open cuts, abrasions, open sores or minor infections where there is a risk that such use may be detrimental to the health, safety, comfort or physical condition of the other members. Members, guests and their children must not use the wet areas for a minimum of 14 days after recovering from a gastric infection and/or diarrhoea.

Trewince reserves the right to cancel any membership at our discretion

CHILDRENS MEMBERSHIPS & CONDITIONS

- Children under the age of 8 are not permitted in the Spa or Sauna.
- Children must be supervised at all times by a parent or guardian when in the swimming pool, changing rooms and surrounding area.
- Parent or guardian must ensure every child 4 years and under is accompanied by one adult when using the pool facilities.
- Parent or guardian must ensure all children over 4 years are accompanied by an adult at a ratio of no more than 3 children to one adult when using the pool facilities.
- Children are not permitted to use the gym facilities.
- Children aged 8 yrs and above are not permitted to use the opposite gender changing facilities.
- Children are allowed to use the facilities between the times of 9.00AM & 7.00PM.

ETIQUETTE

- Members and their guests should be suitably dressed whilst using the club facilities. In particular clean training shoes must be worn at all times in the gymnasium.
- Members and their Guests should use the equipment and facilities in accordance with the advice given by club staff and/or by notices suitably posted. Members and guests shall not abuse the equipment or facilities of the club and any member or guest who wilfully or negligently causes such damage shall pay for any damage to club property.
- No member or guest may bring intoxicating liquor or food into the club nor use the club facilities whilst under the influence of alcohol or drugs.
- Smoking is not permitted in any part of the club or the outside perimeter.
- In the interest of health and hygiene all members and guests must shower before entering the pool area and in the interest of safety, running, jumping and diving are not permitted in the pool area.
- All members and guests must clean and wipe down gym equipment after use as a courtesy to the next user.
- Members must replace all weights and equipment after use to correct areas.
- If you suffer from any medical complaints, please consult a GP prior to participating in any activity.
- If at any stage you feel unwell, stop exercising and contact a member of staff immediately.
- Glass bottles and drinking glasses are not permitted in the gym or pool area.
- Chewing gum is not permitted in the gym or pool area.
- Members agree to the FIA health commitment statement.
- Please be courteous to fellow members during busy times i.e. please do not 'hog' the equipment.

LIABILITIES

- The management and its employees will not be liable in any way for the loss, or damages to, the property of members or guests, or for personal injury to, or death of any member or guest, except to the extent that such loss, damage, personal injury or death arises from the initial act, neglect or default of the management or any of its employees or agents.
- The member warrants and represents that they are in good physical condition and that they know of no medical or other reason why they are not capable of engaging in active or passive exercise and that such exercise will not be detrimental to their health, safety, comfort or physical condition. In the event that you or your guest has any reservations in relation to physical condition you are required to seek independent medical advice prior to embarking upon any exercise. You & your guest must notify reception of any medical condition which may affect your ability to use the facilities. Induction training will be available to all members, attendance to induction training is the responsibility of all members and their guests. Any person using the facilities without attending induction training does so entirely at their own risk.
- Members and their guests using the swimming pool/spa areas, do so at their own risk and the management do not accept responsibility for any harm or injury to any member or guest, unless caused by negligence of the management, employees or agents of the company. Please note there is no lifeguard on duty and the pool depth is 1.2m. No running, jumping or diving in the pool/spa area is allowed.
- Cars parked in the club car park or elsewhere on the premises of the club and all contents are left at the owner's risk and the club will accept no liability for loss or damage in respect thereof, unless caused by negligence of the management, employees or agents of the company.
- The club accept no liability for personal belongings left on the premises or in lockers. Members & guests are strongly advised not to carry or leave valuables in lockers.
- All members and guests must make their own arrangements in respect of insurance to cover injuries suffered by them or caused by them to any third party, as the proprietors accept no liability for any accident, injury or misadventure.

FACILITIES

The facilities are open 7 days a week. The hours of opening may vary depending on the season. Please see the reception for details. The management reserves the right to vary the opening and closing hours over the Christmas period or at any other time upon reasonable notice.

MAINTENANCE

Trewince reserves the right to close any facilities for maintenance, renovation, cleaning and emergencies without prior notice.

VALUABLES

Lockers are provided at the club for your convenience. Storage of any items by you or your guests is at your own risk. Trewince does not accept liability for loss or damage to members or guests property.

HEALTH & SAFETY

Trewince reserves the right to restrict or refuse access to certain facilities at its absolute discretion on the grounds of health & safety. In the event you or your guest suffer any accident or injury at the club you must immediately notify a member of staff..

MEMBER'S GUESTS

- Each member may introduce up to a maximum of two guests at any one time.
- All guests must pay the appropriate guest entry fee and will be subject to all club rules.
- Management reserves the right to refuse entry to any guest at its absolute discretion.
- Members are responsible for their guests' actions and should accompany them at all times.
- The guest warrants and represents that they are in good physical condition and that they know of no medical or other reason why they are not capable of engaging in active or passive exercise and that such exercise will not be detrimental to their health, safety, comfort or physical condition.
- Guests must read and observe all club rules and safety guidelines prior to using the facilities.
- Child guests may only use the club during specific times. Please see our timetable for further details.

POOL, SPA and SAUNA ROOM – A USERS GUIDE

Please note there is no lifeguard on duty, if possible use these facilities with a friend to minimise any risks.

Use emergency alarms if necessary to call for help.

You should seek medical advice before using these facilities if you:

* Are pregnant, * Have ever been diagnosed with a heart condition or experienced chest pains when exerting yourself, * Have high or low blood pressure or other circulatory problems, * Have recently had major surgery, * Are taking medication which makes you unsure as to the advisability of using these facilities,

* Should you have diabetes or asthma we advise you keep your medication close to hand and use the facilities with a partner who will know your requirements, * Should you have epilepsy we advise you to use the facilities with a partner.

Potential Hazards:

* Drowning, * Slipping injuries caused by wet flooring, * Getting in and out of the spa, * Adverse reaction caused by excess heat or overuse including giddiness and fainting, * Scalding from the sauna oven / coals, * Circulatory shock due to sudden extreme changes in temperature induced by use of cold showers.

How to use the facilities safely:

* VERY IMPORTANT – PLEASE SHOWER BEFORE USING * No running, jumping or diving in the pool/spa area is allowed. Pool depth is 1.2m * Ensure you drink plenty fluids to replace those lost, * If at any time you feel unwell leave the facilities immediately and consult with staff or seek medical advice if necessary, * Do not use the facilities if you have recently had a heavy meal or consumed alcohol, * Please use handrails to enter/exit pool and spa pool, and watch your step as you step down into the spa pool, enter/exit the spa pool with care as water may be turbulent – if possible sit down first on the side of the spa pool. * Remove any jewellery before using sauna as it can become very hot, * Only use tap water to fill the sauna bucket as chlorinated water destroys the elements in the sauna oven – only use 2 ladles at a time. Do not add oils or essences * Prolonged stays in the sauna are not recommended as raising the core body

temperature too high can be dangerous, * No shaving is allowed for hygiene purposes, * Please don't touch, stand or sit near the sauna oven as it is very hot, * Please don't touch the sauna oven coals as these are very hot, * Use emergency alarms if necessary to call for help. * Do not use the facilities if suffering from any infections or contagious illness, physical ailment or minor infections where there is a risk that such use may be detrimental to the health, safety, comfort or physical condition of the other members. Do not use the wet areas for a minimum of 14 days after recovering from a gastric infection and/or diarrhoea

Please note Trewince is not liable should costumes fade in colour due to chlorine, we advise you rinse costumes after use. Please don't wear jewellery as it could be affected by chlorine.