



Kirkby Lonsdale Health Clubs - rules for temporary membership - keeping everyone safe!
On your first visit, please sign a copy of these rules at our Reception.

- We cannot take responsibility for your valuables so please think carefully about bringing them. If required, we can provide a locker token for a £1 charge (non-refundable).
- If you are going to use our gym - please bring a sweat towel with you. We have some for hire - please ask at our reception. Please consult a member of staff before using the gym. You will be required to complete a PAR Q form to confirm your health and fitness.
- Only swimwear is allowed in the pool area. Unless otherwise directed by the management.
- In the interests of the environment we prefer to avoid washing single-use pool towels after everyone's visit. So please bring a towel. If you forget - we do have some for hire.
- Please adhere to the areas where you are asked to remove any dirty shoes.
- Please do not enter the pools, sauna or steam room without showering and removing all makeup. Please no hair dyeing or treatments in any of the facilities. Please shower when moving between the pool, sauna or steam room.
- Children (under 16) can only be admitted with an adult. Child/adult ratios: Child 0-3, 1 adult in the water per child. Child 4-7, 1 adult in the water for every 2 children, Child 8-15, 1 adult in the water for every 3 children
- Please note that phones/cameras are NOT allowed in the pool area. The taking of photographs in the changing room is prohibited.
- Parents are asked to be vigilant with children. No lifeguard is on duty at the poolside. Please ensure that children understand the need for quiet and ensure that their enjoyment of the pool does not unnecessarily prohibit swimmers.
- In the interests of health and safety children under 16 are unable to use the spa-bath, sauna and steam room.
- Running, diving and jumping-in are forbidden.
- No petting allowed on the premises.
- No food or drink may be brought into the pool or changing room area.
- Use of the facilities whilst under the influence of alcohol or drugs is prohibited.
- Last entry to the Club is 45 minutes before closing and we ask people to please be finished and back in the changing rooms 15 minutes before closing.
- Please check our timetable for children's swimming times and to find out when any water based exercise class may be taking place.
- Fire doors are to be used as emergency exits only.
- The pool hall is under camera observation.
- The reception area is under camera observation and is recorded.

NameSigned

Date Home Address

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Or Email

Staff Use