



Use of Byron's Leisure Swimming Pool and Sauna:

Terms & Conditions of Use Disclaimer

In the Interest of Hygiene

- b Always shower before and after using the pool.
- b Always use the toilet before using the pool.
- b Always shower before and after using the sauna.
- b No outside shoes to be worn in the pool hall or changing area.
- b Please do not use the changing rooms for baby/nappy changing. These facilities are in the WC next to the internal leisure facility entrance.
- b ALL children 2 years and under and those not fully potty trained should wear a proper swim nappy.
- b Infants must wear aqua nappies, or not be in the pool. If your child has an accident the pool must be evacuated and closed.
- b The debris must be removed immediately, and a member of staff informed. The pool may need extra purification.
- b Never allow a child with diarrhoea to swim. Always encourage children to use the toilet and shower before they swim.
- b Adults and children must not swim if they have had diarrhoea in the past 14 days.

Sauna Medical Safety

Do not use if you have any of the following conditions:

- b Pregnancy
- b Heart disease or circulatory problems, high/low blood pressure, or from any condition which may affect your reaction to heat
- b If you are taking medication prescribed or otherwise, especially anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics or tranquillizers or any other medication which makes you unsure as to the advisability of using the sauna
- b Infectious skin diseases, sores/wounds
- b An illness causing an inability to perspire
- b Have had a heavy meal within 1 hour
- b Have consumed alcohol within 1 hour
- b Have recently exercised. Time should be allowed to enable the body temperature to return to normal levels before entering the sauna
- b Suffer from any condition which makes you unsure as to the advisability of using the sauna.

Sauna General Safety

- b Keep the door shut
- b Remove any make up, deodorants, perfumes, lotions
- b Advise you remove jewelry
- b Contact lenses and spectacles should not be worn in the sauna.
- b The floor in and around the sauna may be wet. Care should be taken to avoid slipping injuries.
- b Drink plenty of fluids, but not alcohol, to replace those lost through perspiration.
- b Should you experience nausea, dizziness, fainting or feel unwell in any way, leave the sauna immediately and advise a member of our team who will seek medical advice if necessary.

User Guide

- b A sauna operates at 85 degrees. Relax for 8-10 minutes, or as long as is comfortable in the dry heat. Upon leaving the sauna take a cold shower to close the pores of the skin. Return to the sauna for a further 5-10 minutes. A total time of 20 minutes should be adequate although the hot and cold cycle can be repeated as often as comfort allows.
- b Relax after using the sauna to allow the body temperature to return to normal.

In Association with Byron Management Company (Woolacombe) Limited:



Bath Leasehold Management