Use of Byron's Leisure Swimming Pool and Sauna:
Terms & Conditions of Use Disclaimer

General Information

These facilities are operated by Byron Management Company (Woolacombe) Limited, which is referre to 'Byron' throughout the document.

- The leisure facilities (swimming pool, showers, WC, changing rooms, sauna) at Byron are operated by the Management team.
- Please observe the online timetable and vacate the pool and leisure facility as per times shown. (Times may vary)
- Please adhere to your pool slot and leave the water at the end of the pool session. During busy periods swim times may be restricted further by management.
- The pool is **unsupervised** – Owners and Guests are advised to exercise extreme care when using the swimming pool facilities and **swim at their own risk**.
- There is an alarm in the pool, which can be used to summon assistance in the event on an emergency only. Misuse of the alarm will result in access to the pool being restricted.
- CCTV is installed for safety and security reasons (it is not used for constant surveillance).

Terms and Conditions of Use

All Guests and members using the swimming pool and changing facilities are expected to abide by the following terms and conditions of use for yours and safety of others:

- For safety and security reasons Guests/Owners must not admit persons outside of their group to the pool at any time.
- Pool will be available at the prescribed times only. This includes changing time;
- Pool may be closed for essential maintenance work, special functions or for any other reasons the management may feel necessary.
- Owner and Guests are required to use the pool & leisure facilities in a proper and reasonable manner.
- Byron accepts no liability for any illness or injury resulting from overexertion of or any precipitation of any medical condition caused by the use of the swimming Leisure Facilities.
- No responsibility will be accepted for loss or damage to the property or valuables of any member or Guest even those that are left in the lockers provided.
- Byron reserves the right to alter the rules, access times and available facilities
- In the interest of SAFETY all users must observe the Swimming Pool Rules at all times.

- The maximum bather load for the pool is 15 but bound to management discretion. Byron reserves the right to restrict access to all Guests and Owners in the interest of health & safety.

Pool Rules

- Please follow the Swimming Pool User's Safety Code:
- This pool is 1.2 meters deep throughout, there is no shallow end.
- No diving, running or jumping
- No swimming or playing around the entry steps.
  No glass, food or alcohol to be brought into the pool premises. Never swim after a heavy meal or after alcohol.
- Persons under 16 years of age are permitted to use the facilities only when accompanied by an adult over 18, who shall be responsible for that person's conduct and safety at all times.
- Persons under 8 years of age must be accompanied in the water by adult, who shall be responsible for that person's conduct and safety at all times.
- The swim jet must not be used by persons under 8 years old or non-swimmers.
- Avoid holding your breath and swimming long distances under water. Be especially careful if you are pregnant or have a medical condition such as epilepsy, asthma, diabetes or heart problems.

In Association with Byron Management Company (Woolacombe) Limited:

BATH LEASEHOLD MANAGEMENT

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- Avoid running on the side of the pool, diving in from the poolside or steps, ducking, acrobatics in the water.
- No inflatable toys, masks, snorkels, flippers or beach balls to be used in the pool.
- No pets are allowed in the leisure facility.
- Keep an eye open for others, particularly younger children and non-swimmers.
- Maximum two children per adult.
- Please do not use the changing rooms for baby/nappy changing. These facilities are in the WC next to the internal leisure facility entrance.

- If you see someone in difficulty, help them or press the alarm to summon assistance if it is an emergency. If required dial 999. In an emergency keep calm, do exactly what you are told.

In the Interest of Hygiene :

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

Pregnancy

Heart disease or circulatory problems, high/low blood pressure, or from any condition which may affect your reaction to heat

- 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
- Infectious skin diseases, sores/wounds
- An illness causing an inability to perspire
- Have had a heavy meal within 1 hour
- Have consumed alcohol within 1 hour

Have recently exercised. Time should be allowed to enable the body temperature to return to normal levels before entering the sauna

- Suffer from any condition which makes you unsure as to the advisability of using the sauna.

Sauna General Safety

- Keep the door shut
- Remove any make up, deodorants, perfumes, lotions
- Advise you remove jewelry
- Contact lenses and spectacles should not be worn in the sauna.
- The floor in and around the sauna may be wet. Care should be taken to avoid slipping injuries.
- Drink plenty of fluids, but not alcohol, to replace those lost through perspiration.
- 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:

- A sauna operates at 82 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.

- Relax after using the sauna to allow the body temperature to return to normal.