

# Leisure Club

@ Shaw Hill Golf & Spa Hotel

## MEMBERSHIPS

- An application for memberships must be made on the forms provided and must be signed by the applicant.
- Acceptance of an applicant for membership is solely at the discretion of the club manager and reasons need not to be given for refusal.
- When the joining fee has been paid and his/her application has been accepted, he/she are then member of the club and are entitled to all privileges of membership and are bound by the club rules.
- The member must fill in a pre-exercise screening form before commencing club activities.
- A member must present their card for verification into the club at reception.
- **A membership is transferable with a £50.00 admin fee.**
- **If a membership card is lost, a replacement card will cost £10.00.**
- Any guest introduced to the club must pay a guest fee and is the responsibility of the member who introduced them.

**The club reserves the right to terminate memberships without notice on breach of club rules.**

## MEMBERS CONDUCT

- There is no misuse of the facility, services or equipment.
- No member shall knowingly cause a safety hazard to themselves or others.
- A sensible and safe exercise routine must be undertaken.
- Members must not take part in physical exercise if they knowingly are medically unfit.
- A member must assist with the prevention of theft and accidents by reporting it to a member of staff immediately.
- Members are asked to shower after exercise, before using the pool.
- In the changing rooms, members must always use the lockers provided and not leave bags unattended. Clothes must not be left overnight in the lockers and bags must not be taken into the gymnasium.
- Bad language is not allowed to be used in any part of the building.
- Smoking is strictly forbidden in any part of the building.
- We ask politely that no children are to use the changing rooms of the opposite sex, once they have reached 7 years of age.
- **Training shoes must be worn at all times when using the gymnasium. Using the gym without training shoes is at the members own risk.**
- **A member who wishes to cancel a facility they have booked must do so 4 hours in advance. Booking must be made within the time that their membership allows.**
- **Members must claim lost property 8 days of losing it or such items will be given to charity. Any lost property found must be handed into leisure reception.**

- Members must vacate all facilities 15 minutes prior to closing, to allow time for showering and changing.

## **SAFETY AND HYGEINE**

- In the interest of safety and hygiene, no crockery or glasses are allowed in the gym changing rooms, gymnasium and pool or surrounding areas.
- No children under the age of 16 must enter the gym unless accompanied by an adult at all times.
- Strictly no pets allowed in the Leisure Club.
- With the exception of a fire, the emergency exits are not to be used for exiting the club.
- Cars must not be parked in the designated parking areas only and must not block service roads or emergency exits. Cars must not be left overnight without prior permission from the club.

## **SWIMMING POOL**

- No running, jumping or diving is permitted around the pool.
- Members must always use the poolside shower before entering the swimming pool and Jacuzzi. Members are asked to wear conventional costumes.
- **Children under the age of 15 years old are not permitted to use the Jacuzzi.**
- **Children under the age of 15 years old are not allowed to be without adult supervision in the pool.**
- Children under the age of 15 years old are not allowed to be without adult supervision on pool side and the surroundings areas.
- **Adults are not allowed to be on pool side under any circumstance, unless authorised by management. They MUST accompany their child in the pool at ALL times when their child is in the water.**
- **Parents MUST not leave their child/children unsupervised in the pool or on poolside whilst they use the Jacuzzi or steam room.**
- Towels are available for £1.00 at reception.

## **SAUNA AND STEAM ROOM**

- Children under the age of 15 are not permitted to use these facilities for health reasons.
- Shaving is strictly forbidden in these facilities.
- No food or drink is to be consumed in these areas.
- These facilities should not be used by sufferers of high blood pressure or any cardiac irregularity.
- No cosmetic or hair products are to be used in the sauna.
- The sauna is not a changing facility.
- The sauna is not a drying facility, so please do not leave items unattended to dry in the sauna.
- Please respect fellow members and the facility.