

**Shaw Hill Leisure Club**  
**Disclaimer Rules and Regulations**  
**PLEASE READ CAREFULLY**

The rules and regulations shown below have been compiled to ensure all Guests and Members enjoyment of the leisure facilities.

- Guests are permitted to use the facilities of the club at times posted in the club, the club may at any time withdraw part or all of the facilities.
- Guests are responsible for the safety of their personal property and the club does not accept liability for loss of or damage to guests belongings.
- The leisure facilities should not be used within 1½ hours after consuming alcohol or a heavy meal.
- Smoking is not permitted within the club.
- Pets may not be brought onto the club premises.
- Glassware must not be taken into the pool area, gymnasium, sauna area or changing rooms.
- Children under the age of fifteen must be accompanied by a parent at all times.
- Children under the age of 16 years may not use the gym facilities at any time or the pool after 7.30pm, Monday to Friday and 6.30pm Saturday and Sunday.
- Guests are requested to shower before entering the pool or jacuzzi, especially after sunbed sessions.
- All traces of make-up must be removed before entering the pool, jacuzzi or sunbed.
- Shouting and running in the pool area, jumping, diving or bombing in the pool or jacuzzi is strictly forbidden.

Sauna and Steam Room Code of use-

Anybody that indicate they suffer from one of the above should be referred to their GP for advice on their suitability to use the facilities

- Pregnancy
  - Diabetes
  - Seizures e.g. epilepsy
  - Suffering from heart disease, circulatory problems, high or low blood pressure
  - Suffering from infectious skin disease, sores and wounds
  - Suffering an illness causing an inability to perspire
  - Taking antihistamines, anticoagulants, vasoconstrictors, vasodilators, stimulants, hypnotic or tranquilliser or any other medication which makes the potential user unsure as to the advisability of using the sauna
  - Suffer from migraine attacks
  - Have consumed a heavy meal or consumed alcohol within 1 ½ hours
  - Suffer from any condition whatsoever that makes the user unsure as to the advisability of using sauna
- 
- Guests are asked to observe a good standard of attire and not enter the club premises in non-appropriate clothing, especially muddy footwear.
  - Guests are asked to comply with any reasonable request from the club management and staff.
  - Guest's use of the club is entirely at their own risk at all times. the club cannot accept responsibility or liability for loss or injury of any kind to guests whilst they are using or visiting the club.
  - Guests not complying with the above rules and regulations will be asked to leave the premises.
  - The management reserves the right to amend the rules and regulations at any time.

DISCLAIMER

- I have signed this disclaimer, and understand by doing so I accept sole responsibility for any injury sustained as a consequence of misuse of equipment in both the gym, pool and spa areas. I am also aware I will be responsible for monitoring my own physical condition throughout any exercise programme and/or whilst in the pool and spa area.
- By signing this disclaimer I confirm that I have no medical condition that would endanger myself or others by using the facilities at Shaw Hill Leisure.
- If at any time you become injured/your medical situation changes/you experience discomfort or pain during any part of your workout or activity you must inform a member of staff immediately and stop doing the exercise.

Name; \_\_\_\_\_ Membership No. \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

In case of emergency please add the following;

Name of Contact \_\_\_\_\_ Telephone \_\_\_\_\_

Please hand back to a member of staff so that we can