



Swimming Pool Rules – Post COVID-19

Our swimming pool is open from 9am to 7pm daily and each cottage will be entitled to one swim session per day of 45 minutes.

Only guests from one cottage are permitted in the pool at any time, and social distancing should continue to be observed if guests are from different households.

The sauna, steam room and changing areas will be closed for everyone's safety, and to help us with the cleaning protocols. Please do not enter these areas, but instead change, shower and toilet in your own cottage.

Entry to the pool is via the large glass doors in front of it.

Guests are invited to sign up for their 45 minute session on the list in the pool area. This list will be replaced daily.

For fairness, please do not book the earliest and latest slots for the next day if you have had a swim session at 9am or 6pm the previous day.

Young children in nappies: please change the nappies in the cottage. Soiled nappies should be bagged up and disposed of either in the general bin in the cottage or in the large garbage bin in the car park; they must not be placed in the pool bin.

CHANGING ROOMS, SHOWERS, TOILETS, LOCKERS

Our changing room area (which includes showers, toilets and lockers) is closed until further notice.

Guests to please change, shower and toilet in their own cottages. Lockers won't be needed as only those guests from a specific cottage will be permitted to use the pool during a swim session.

SAUNA AND STEAM ROOM

Our sauna and steam room are closed until further notice.

Swimming Pool Rules – General

The pool is **unsupervised** and there is **no** lifeguard on duty. Guests are advised to exercise extreme care when using the swimming pool facilities and swim at their own risk.

Persons **under the age of 16** are permitted to use the facilities only when accompanied by an adult who shall be responsible for that person's conduct at all times.

All pool users **must** shower before entering the pool.

No smoking within the pool building.

No food, glasses or outside shoes in the pool area.

Guests must use their own towels for swimming and not the bath towels provided in the cottages.

Infants should use a swimming nappy. 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.

We **do not** advise using the Jacuzzi during pregnancy. We ask that you refrain from using the facilities if you have had an infectious or contagious medical condition.

The pool may be closed at any time for essential maintenance work, special functions or any other reason the management feel necessary.

Wallops Wood Cottages accept no liability for any illness or injury resulting from overexertion or exacerbation of any medical condition caused by the use of the swimming pool or facilities.

No responsibility will be accepted for loss or damage to the property or valuables of any guest.

In the interests of safety, all users must observe the Swimming Pool Users Safety Code at all times.

THIS SWIMMING POOL IS USED AT YOUR OWN RISK.

CHILDREN, POOR OR NON SWIMMERS MUST BE SUPERVISED AT ALL TIMES



Swimming Pool Users Safety Code

1. Spot the dangers

Take care, swimming pools can be hazardous. Water presents a risk of drowning, and injuries can occur from hitting the hard surrounds, or other misuse of equipment.

2. Always swim within your ability

Never swim after a heavy meal or after alcohol. Avoid holding your breath and swimming long distances under water. Be especially careful if you have a medical condition such as epilepsy, asthma, diabetes or a heart condition.

3. Check new places

Every pool is different, so always make sure you know how deep the water is, and check for other hazards such as diving boards, water slides and steep slopes into deeper water etc.

4. Take safety advice

Follow advice provided for yours and others' safety. Avoid unruly behaviour which can be dangerous; acrobatics in the water; or shouting and screaming (which could distract attention from an emergency). Remember that a moment of foolish behaviour can cost a life.

5. Look out for yourself and other swimmers

It is safer to swim with a companion. Keep an eye open for others, particularly young children and non-swimmers.

6. Learn how to help

If you see somebody in difficulty, call for help immediately. In an emergency, keep calm and do exactly as you are told.

EMERGENCY CONTACT INFORMATION:

Emergency Services: 999
Post Code: SO32 3QY
Grid reference: SU63250 18534
What 3 Words: goodbye.sonic.marsh
Office: 01489 878888
Andrew: 07989 323693
Katherine: 07768 172644