

Conditions of Entry

Springwood Aquatic and Fitness Centre

GET *Active* STAY *Healthy* ENJOY *Life*

- This facility is regulated by the provisions of the Inclosed Land Protection Act 1901.
- This is a non smoking facility.
- Lap swimming may be restricted due to swim carnival bookings, club activities and events.

Risk and Responsibility

- You enter the centre at your own risk.
- You release the centre from any and all injury that may be sustained by you whilst you are at the centre.
- Patrons must pay the applicable fee to enter the centre.
- The centre provides trained staff to supervise patron safety and behaviour standards. They do not negate the supervisory responsibility of parents/guardians of children.
- All children under 10 years of age must be directly supervised by an adult.
- Do not attempt or allow persons under your responsibility to attempt to use the facilities beyond your/their level of competency.
- All injuries must be reported immediately to centre staff.
- It is recommended that you do not leave your valuables unattended. The centre accepts no responsibility for lost or stolen items.
- All patrons must abide by the conditional rules and follow the instructions of the centre staff. If you do not comply then we may remove you from the centre without refund and you may be prosecuted.
- Abusive or offensive behaviour is not permitted.
- All patrons must behave in an appropriate manner with respect to children and around children.

- Patrons are not to take photos of children, other than their own children, without the consent of the parental guardian of the child.
- All patrons must behave in a manner which keeps children safe from physical, sexual or emotional abuse, or the fear or apprehension of such abuse.
- Please be considerate of residents, ensure you are parked legally and leave the centre quietly.
- Management reserve the right to prohibit further entry to any patron found to be in breach of the guidelines.
- Any patron who does not comply with any of these conditions of entry may be refused entry to a leisure centre and may have his or her membership of the facility terminated forthwith. In the event of such a termination the Council shall not be obliged to provide a refund to the patron of any fees paid for Leisure Centre Membership.

Aquatic Area Conditions of Entry

- You must only swim where you are medically and physically fit and able to swim.

Supervision Requirements

- In accordance with Royal Lifesaving Society Guidelines and Council's Keep Watch program all children under 6 years and non swimmers are to be within arms reach of the supervising adult at all times.
- In accordance with Royal Lifesaving Society Guidelines, any child under the age of 10 years will not be permitted entry to the pool without the continuous supervision of a responsible person over the age of 16 years.
- Lifeguards are an important safety feature, but they cannot and do not replace the close supervision of a parent or guardian.

Prohibited Use/Items/Activities

- No bottles, glassware or metal utensils are to be brought into the pool area.
- No alcohol or drugs or persons suspected to be under the influence of drugs or alcohol are permitted on the premises.
- No bikes, skateboards, scooters etc are to be ridden in pool grounds.
- No pets are permitted in the centre, with the exception of guide dogs.
- Please respect other patrons by not running, bombing, pushing, swearing, littering.
- Abusive or offensive behaviour is not permitted.
- Diving is considered to be dangerous and is only permitted in training situations.
- Only persons approved by the centre are permitted to conduct swim lessons or coaching sessions.

Personal Hygiene/ Change Room Use

- All toddlers and babies who are not toilet trained must wear approved nappies.
- People who have had diarrhoea within the previous two weeks should not swim in a public pool.
- All patrons are encouraged to shower thoroughly before entering the pool and recognised swim wear must be worn. Recognised swimwear does not include g-strings.
- Children over the age of 8 are to use same gender change rooms or family change rooms only.
- No recording devices or mobile phones are to be used in the change rooms.

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Lap Swimming Etiquette

- Swim to the left hand side of the lane.
- Please swim in a lane appropriate for your swimming ability.
- Overtaking should occur at the ends of the lanes only.

Please listen to the Pool Lifeguard at all times. Three loud whistle blasts indicates that there is an emergency and everyone must get out of the pool.

Fitness Centre Conditions of Entry

- Read all safety warnings prior to using equipment and/ or undertaking a fitness program.
- All patrons are required to complete and have assessed a Pre Exercise Questionnaire prior to commencement of an exercise program.

Industry Requirements

- Patrons must be 14 years or older to utilise the fitness facilities.
- In accordance with Department of Sport and Recreation guidelines people aged 14-15 can not utilise weights equipment or undertake weight based group fitness classes.
- In accordance with Department of Sport and Recreation guidelines people aged 16-17 years must have a program to utilise weights equipment.

Safety Requirements

- Patrons must wear suitable clothing and enclosed sports shoes.

- All equipment plates and dumbbells must be unloaded and returned to the appropriate rack.
- No Bags are permitted in the area, lockers are available for hire.
- Mobiles phones are not to be used in this area. Mobile phones/video recorders are not permitted to be used in the change rooms.

Hygiene

- Patrons must use a towel at all times, two towels are required for RPM classes. Please wipe down equipment after use.
- Only water bottles and sports drinks are permitted in this area.

Equipment and Class Use

- A 20 minute limit is applied to cardio equipment during the peak times of 6:00-7:00am, 9:00am-11:00am and 4:30pm - 7:30pm Monday to Friday.
- Entry will not be permitted after a class has been in progress for 5 minutes.
- Only persons approved by the centre are permitted to conduct personal training or exercise sessions.

Water Slide Risk and Responsibility

- Patrons are required to purchase a slide band from the customer service desk.
- Children with a Yellow band and Non-Swimmers must be accompanied in the water by an adult at all times and are not permitted to use the slide without an adult.
- Competent swimmers only—No flotation devices.
- Listen and follow the directions of the Lifeguard
- 1 rider at a time with feet first at all times.
- Stopping or changing directions is prohibited.

- Riders are to leave the landing area immediately by swimming around the red tiles, not by climbing over the wall.
- Waterslide exit into 1.2m water could result in submergence.
- Staff are permitted to refuse slide usage if child is underage/non-swimmer and if not accompanied by an adult during the use of the slide or an adult is not in the water at the landing area of the slide.

Keep Watch @ Public Pools Conditions Apply

Spa, Sauna and Steamroom Rules

- Patrons under the age of 16 years are not permitted to use the facilities.
- All patrons are requested to shower prior to utilizing the facilities.
- Patrons must keep their head above water whilst in the spa.
- It is recommended that the use of these facilities is limited to 15 minutes with a 5 minute rest period before re-entering.
- Patrons who have had recent surgery, are pregnant, have a heart condition or who have any other serious condition are advised not to use these facilities.
- Patrons are required to sit on a towel in the sauna.

Patrons must purchase a wrist band from reception to utilise these facilities.