

## PLEASE FOLLOW THE BELOW ETIQUETTE GUIDELINES WHEN USING THE HEALTH ZONE:

- 1 Customers are asked to respect the high standards and the atmosphere of The Health Zone and to conduct themselves accordingly whilst using the facilities.
- 2 We reserve the right to refuse admission to The Health Zone to any users who we reasonably believe is not dressed appropriately for the activity. Staff will be happy to advise regarding suitability of clothing. Any form of suitable swimwear and a towel is essential for the facility.
- 3 You must take care in your use of The Health Zone, including using your own judgement as to your ability to use any of the facilities bearing in mind your health and physical condition. You must heed all recommendations given, verbal or written, regarding the use of any of the facilities.
- 4 Children (8 - 15 years) can visit The Health Zone during family sessions, however, must be supervised by a parent/guardian at all times.
- 5 Upon entry to The Health Zone, users may be requested to show proof of admittance and/or payment. Failure to do so may result in non-admittance.
- 6 In the interests of hygiene, please shower before and after using The Health Zone. Shaving in any area of The Health Zone, changing facilities or toilets is not permitted.
- 7 Any customers suspected to be under the influence of alcohol or drugs will be refused admission to the facilities. Customers may not bring any food, alcoholic beverages, cans, glass bottles or drinking glasses into The Health Zone. Plastic bottled water and plastic water bottles are permitted.
- 8 Please ensure you use the lockers provided in the changing rooms. Unclaimed items will be removed. Any lockers found locked and without keys when the facility closes will be opened and all items found placed in lost property.
- 9 Wrist bands must be worn at all times during your visit. Please do not be offended when asked by staff to show your band. We endeavour to perform regular 30 minute checks on the area.
- 10 Chewing gum is not permitted in The Health Zone.
- 11 Please refrain from using personal scented products in the Steam Room and Sauna cabins.
- 12 Please note there is a maximum of 6 persons permitted to use the Spa at any one time. Please vacate the Spa after each 10 minute cycle.
- 13 Please do not run in The Health Zone.
- 14 Finally, this is an area to unwind, relax and pamper yourself. Please abide by the above etiquette guidelines in respect of other users.

