



# User Guidelines

The health and safety of our customers and staff is of paramount importance. Whilst we want you to enjoy your activities, our staff and coaches will advise you if you are doing something that puts you or others at risk of injury.

A few general guidelines are:

## Pool Safety

- Please note our child admission policy has been updated. During fun sessions only 1 child under the age of 4 per 1 adult (aged 16 years plus) is permitted. Further details are available from NSC reception on +44 1624 688588 or see Child admission ratios on this site. A responsible person, aged at least 16 years, must accompany all children under the age of 8 in the water.
- Whilst in the pool, the responsible person should maintain a constant watch over the children for whom they are responsible and be in close contact with those of their children who are weak or non-swimmers.
- The beach pool area of the leisure waters is a designated non swimmer area
- Please inform the lifeguards on duty if anyone in your group suffers from a medical condition, for example, epilepsy.

## Cameras and Video Equipment

May we respectfully remind our customers that the use of this equipment is **NOT PERMITTED** during public sessions within the swimming pool and changing room areas.