

Lotus Therapy Pool Guests' Agreement

- The **Swimming fee is £3.50 per person** for members and their guests, regardless of age. **For an additional £3.50**, you **may** be able to book the **pool** for yourself; rather than booking a time for a **swim**, during which others may also be booked. Your pool booking is for the time allotted, including your changing time. Going over this time means another person's booking is shortened.
- Please let us know in advance **if you need to cancel your swim**, otherwise we will need to charge you as we cannot give that time to another swimmer.
- All swimmers **must sign in and out** in the *Lotus Therapy Pool Log Book* and pay at Reception.
- Guests are signing that they are **taking full responsibility for themselves and their guests** while using the pool and Centre facilities.
- **Anyone under 18** years old must be attended by an adult at all times. No more than 2 under 18's per adult, or 1 if the child is unable to swim. Because we need to keep the levels of chemicals in the pool as low as possible for the benefit of all, children must be potty-trained and **at least 5 years old**.
- The pool is only 4 feet deep. **NO DIVING** is allowed.
- We're sure you understand the reasons we ask you to follow:
NO RUNNING
NO JUMPING
- Please **read the fire/emergency action plan** in the Mahasaya (pool building entrance way) and note the location of the break-glass fire alarm call point and the location of the bell by the back door of the Main House.
- If you or another guest gets into difficulty please **call for help immediately**. If you cannot reach the bell at the back door of the Main House, then sound the alarm by pressing the break-glass fire alarm call point.

General Precautions:

- Take care, swimming pools can be hazardous. Water presents a risk of drowning, and injuries can occur from hitting the hard surrounds, or from misuse of the equipment. Every pool is different, so read the signs to ensure you know how deep the water is, and check for other hazards such as the steps and handrails on the side.
- Always swim within your ability.
- Never swim after a heavy meal or 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 heart problems.
- Follow the advice provided for the safety of yourself and others. Avoid unruly behaviour which can be dangerous: for instance, running on the side of the pool, ducking, acrobatics in the water, or shouting or screaming (which could distract attention from an emergency.)
- Look out for yourself and other swimmers
- If you see somebody in difficulty, call for help immediately. In an emergency, keep calm and do exactly as you are told.

NAME (printed):

SIGNATURE:

DATE:

The pool is unsupervised and you swim at your own risk.