

A friendly reminder before you go swimming

Pool safety and admission rules



Make sure children under eight years are accompanied by an adult over 16 years with a maximum of two children per adult. In the large pool, children under 4 years must be accompanied on a 1 adult to 1 child basis.



Children over eight years must use their own gender specific shower rooms.



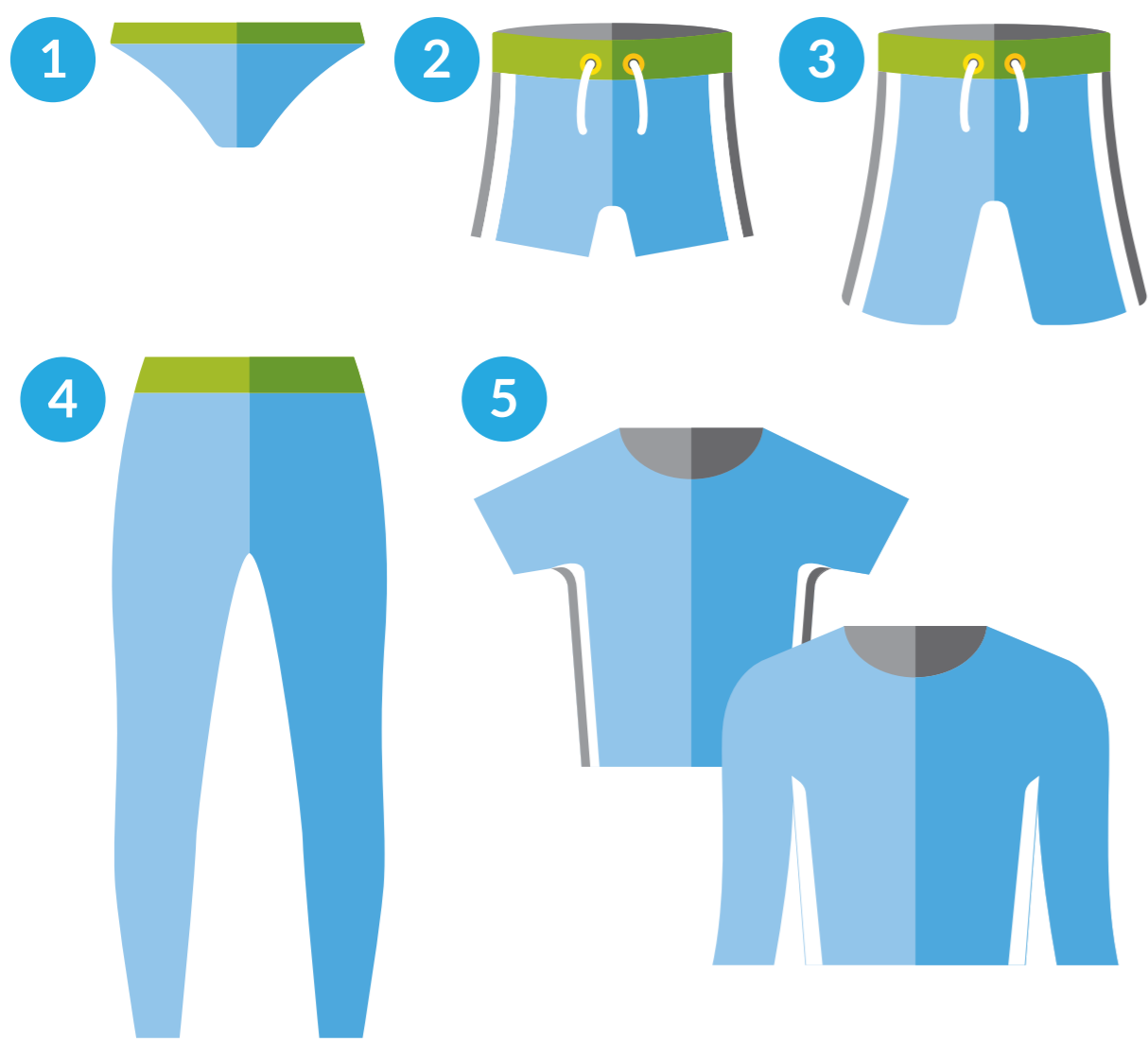
Customers are advised not to swim if they have consumed a meal within the last hour, or have had an upset stomach.



Follow the lifeguards' instructions, they want you to have a great swim in safety.

Appropriate Swimwear

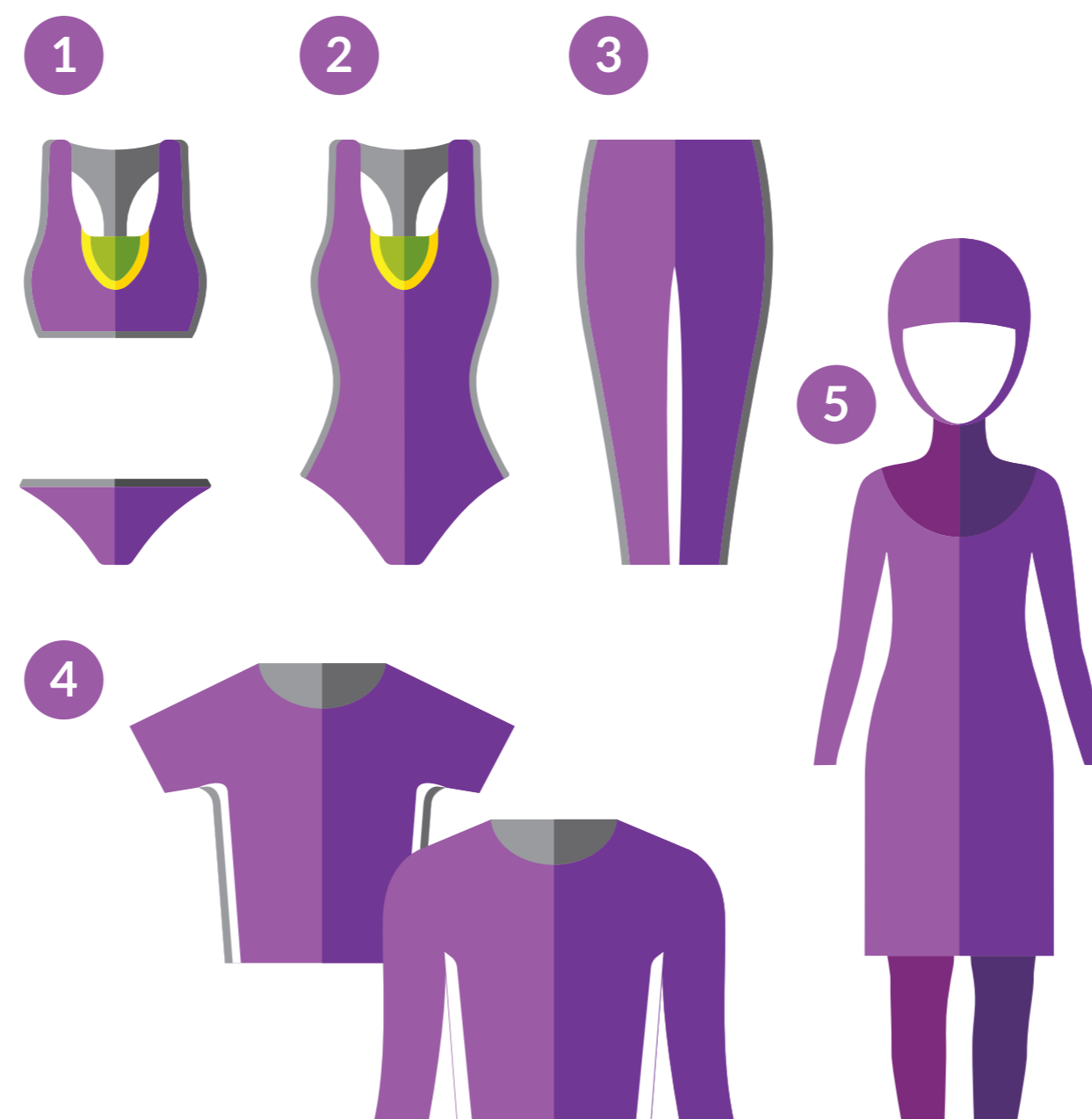
Includes the following:



Male

- 1 Swimming trunks
- 2 Swimming shorts
- 3 Knee length shorts including board shorts
- 4 Lycra leggings* (Including below knee)
- 5 Short and long-sleeve close-fitting T-shirts

*Swimming trunks/shorts **MUST** be worn under any additional swimwear.



Female

- 1 Bikinis/Tankinis
- 2 Swimming costumes
- 3 Lycra leggings* (Including below knee)
- 4 Short and long-sleeve close-fitting T-shirts*
- 5 Swim dresses*

*A swimming costume **MUST** be worn under any additional swimwear.

Hijabs and Niqabs are worn at your own risk and may impede your swimming ability. They must be tucked into your swimwear at all times whilst in the water



Young Children

- 1 Swimming trunks
- 2 Swimming shorts
- 3 Bikinis/Tankinis
- 4 Swimming costumes
- 5 Float suits
- 6 Neoprene float jackets
- 7 Knee and elbow-length suits
- 8 Swim nappies

Swim nappies must be worn by children not yet toilet trained, and are available to buy from reception.

Inappropriate Swimwear

Includes the following: Underwear, or any garment with obscene or offensive pictures or slogans. Denim or heavy garments, including cotton leggings, long flowing clothes and baggy T-shirts.

Swimwear which is not made from chlorine-resistant materials may be damaged. We would advise that weak or non-swimmers wear close-fitting swimwear (i.e. swimming trunks or a full swimsuit) to aid their learning experience. Pendle Leisure Trust reserves the right to determine whether swimwear is appropriate.

Pool hygiene



All swimmers are requested to shower and use toilet facilities prior to swimming.



Customers who have suffered from sickness and/or diarrhoea must not swim until symptom free for 48 hours or 14 days if diagnosed by a GP with Cryptosporidium.



Swim nappies must be worn by children not yet toilet trained.

Photography and videography



Photography and Videography is **strictly prohibited** in the pool, cafe and changing areas.

If you are concerned about someone using a camera, mobile phone or other device please contact reception.

Enjoy your swim today!