



great barn farm

Great Barn Farm - Swimming Pool, Jacuzzi and Steam Room Use

General Information

- The pool is unsupervised – members and guests are advised to exercise extreme care when using the swimming pool facilities and swim at their own risk.
- CCTV is installed for security reasons (it is not used for constant surveillance).
- Persons under 16 years of age are permitted to use the facilities only when accompanied by an adult who shall be responsible for that person's conduct.
- No smoking and no food to be consumed in the pool buildings.
- **NO GLASS OR BREAKABLES** in the pool buildings.
- Please do not leave soiled nappies in the changing rooms – please double wrap and place in bins in the parking area of your barn.
- Free WIFI is available in the swimming pool area for your use.

Terms and Conditions of Use

- All guests using the swimming pool and changing facilities are expected to abide by the following terms and conditions of use and Great Barn Farm reserves the right to deny access to the pool facilities of any guest who is deemed by Great Barn Farm or its servants or agents to have failed to comply.
- The swimming pool facilities are provided for use by Great Barn Farm and guests of Great Barn Farm only.
- Entry to the pool is with a key given to the guest. The key is not transferable and should not be used by anyone under 16 years of age.
- A key will be supplied to the guests once they have read, understood and agreed to abide by the pool rules and emergency procedures.
- The Pool may be closed for essential maintenance work, or for any other reasons Great Barn Farm may feel necessary.
- Great Barn Farm accepts no liability for any illness or injury resulting from overexertion of or any precipitation of any medical condition caused using the swimming pool facilities.
- No responsibility will be accepted for loss or damage to the property or valuables of any guest.
- Great Barn Farm reserves the right to alter the rules and available facilities at any time and for any reason.
- In the interest of SAFETY all users must observe the Swimming pool user's safety code and follow the Pool Rules always.

In the Interest of Other Users

- At times when there is no timetable for use of the pool, during busy periods please be considerate in your use of the pool to allow all guests to enjoy our facilities.
- Please leave the changing rooms in good order.
- If a piece of equipment is broken and/or faulty it should not be used and the fault reported to Great Barn Farm.

Great Barn Farm, Old Norwich Road, Gayton Thorpe, Norfolk, PE32 1FU.

holidays@greatbarnfarm.co.uk

07789 031518



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Please follow the Swimming Pool User's Safety Code

1. Spot the Dangers

- 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 make sure you know how deep the water is and check for other hazards such as wave machines and steep slopes into deep water, etc.
- No diving – The depth of the pool is 1.2m throughout. No diving, swimming or playing around the entry steps.
- No glass, breakables, food or alcohol to be brought into the pool premises.
- No jewellery to be worn.
- The steam room must not be used by young children.
- The steam room temperature and operational time is adjustable on the panel in the steam room. Please exercise common sense in setting the temperature.
- The steam outlet in the steam room gets extremely hot. Please do not sit on above the steam outlet. Ensure you have located its whereabouts before using the steam room, it is directly opposite the entrance door.

2. Always Swim Within Your Ability

- Never swim after a heavy meal or after 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. If you are unable to swim unaided please make sure you are accompanied by a competent adult swimmer.

3. Look Out for Yourself and Other Swimmers

- It is safer to swim with a companion. Keep an eye open for others, particularly younger children and non-swimmers.
- guests swim at their own risk. There is no lifeguard on duty.
- No lone swimmers.
- Children under 16 years must be accompanied by a competent adult.

4. Learn How to Help

- If you see someone in difficulty, dial 999 from the emergency telephone provided and call for help. In an emergency keep calm and do exactly what you are told.

5. In the Interest of Hygiene

- Please shower before and after using the pool.
- No outside shoes to be worn in the pool hall or changing area.
- Infants must wear aqua nappies and a Splashabout neoprene Happy Nappy (www.splashabout.com). If your child has an accident the pool must be evacuated and closed. The debris must be removed immediately and a member of staff informed. The pool will need extra purification. Infants 6 months or under are not permitted in the water. Never allow a child with diarrhoea to swim. Always encourage children to use the toilet and shower before they swim.
- **Adults and children must not swim if they have had diarrhoea in the past 7 days.**



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Jacuzzi Spa Conditions of Use

- If you have a medical condition or if you are pregnant you should check with your doctor before using the Jacuzzi spa.
- People with skin infections, open sores or wounds should not use the Jacuzzi spa because of the possibility of spreading infection.
- Never use the Jacuzzi after consuming alcohol or drugs.
- Do not immerse your head in the Jacuzzi spa.
- Never use the Jacuzzi spa alone.
- Take care when entering and exiting the Jacuzzi spa, the surface may be slippery.
- No glasses or breakables in or around the Jacuzzi spa area.
- Please make sure that children are supervised when using the Jacuzzi spa.
- Avoid using the Jacuzzi spa after a heavy meal.
- Please shower after using the spa.

Steam Room Conditions of Use

- If you have a medical condition you should check with your doctor before using the Steam Room.
- Pregnant women should not use the Steam Room.
- Small children should not use the Steam Room
- People with skin infections, open sores or wounds should not use the Jacuzzi spa because of the possibility of spreading infection.
- Prolonged use of the steam room is not recommended as the high level of humidity can be dangerous, up to 20 minutes in the recommended time.
- Remove jewellery and watches before using the steam room.
- Please shower after using the Steam Room.
- Avoid using the Steam Room after a heavy meal.
- Never use the Steam Room after consuming alcohol or drugs.

Telephone 07789 031518. **Medical Emergency 999.**

Signed, dated and name printed by the lead guest

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It is the responsibility of the lead guest to ensure that all members of their party have read and understand these rules and guidelines before using the swimming pool.

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