

## **Health & Safety Rules & Medical Clearance**

1. Children under the age of 16 must be supervised by a competent adult swimmer in WATER.
2. Due to health and safety we do not have any viewing area on poolside, poolside is strictly for swimmers only.
3. No-one under the age of 16 is allowed in the Sauna, Steam Room, Jacuzzi or Gymnasium
4. It is advisable to wear Flip Flops on the Pool Deck and Changing Room.
5. Swimming hats must be worn in the swimming pool and Jacuzzi.
6. Non-swimmers must wear arm bands in the swimming pool and always be within arms' reach.
7. Floatation devices and balls are only allowed at the staff's discretion.
8. No petting is acceptable anywhere in the Leisure Centre.
9. Showers must be taken before entering or re-entering the pool.
10. No cameras or camera phones are permitted within Club Vitae.
11. No outdoor shoes or push chairs are permitted on the pool deck.
12. No food, drink, sweets or chewing gum is permitted in the pool area.
13. Anyone with any medical problems or on any medication should inform the staff before using any of the leisure facilities.
14. Everyone using the facility must be accounted for on the sign in sheet or by using the Club scanning system.
15. Members are responsible for their guests at all times during their visit.
16. Club Vitae will not be responsible for any loss, damage or injury to any persons whilst on the premises of Club Vitae.
17. Strictly no running, jumping, diving or bombing.
18. Jewellery should be removed before using the Pool or Jacuzzi.
19. We are a Private Club and do not provide Life Guards on the pool side. However, we always have a lifeguard on duty at all times. You are fully responsible for your and the safety of children in your care.
20. Towels can be rented for €1 for an adult and 50c for a child.
21. When you have read these regulations, please sign the Hotel Residents Sign-In Sheet and confirm that you and everybody in your group understands and agrees to conform to the Leisure Club Rules and Regulations and that you have informed the Leisure Staff of any medical conditions or medication being taken by you or anyone in your party.