

## POOL USE ADMISSIONS POLICY

The following ratios must be adhered to and all children must be supervised **in the water** at all times by a responsible adult:

- Under 5's - 1 adult to 1 child
- Ages 5 - 8 years - 1 adult to 2 children
- Age 8 to 15 years - no in water adult supervision providing child is a competent swimmer however we require an adult to remain on the premises at all times.
- Adult (16 years and over)

Please Note: Any person who is not a confident swimmer must be supervised regardless of age.

## RULES OF THE POOL

Our indoor and outdoor pools are supervised by its trained staff who will keep you safe while you are having fun with us. But they also need your help.

Please follow these easy steps for an enjoyable session:

- Adhere to all safety information within pools and its surrounding areas
- Stay within a swimming depth that you are comfortable with
- Always walk – Never run
- Do not dive
- Always follow the guidance of our staff team
- Do not eat before going swimming
- Normal swimwear must be worn at all times
- ALL children 2 years and under and those not fully potty trained should wear a proper swim nappy.

## TIPS FOR THOSE SUPERVISING CHILDREN

- Upon arrival, check the locations of our staff team

### UWC Atlantic Experience

St Donat's Castle, St Donats, Llantwit Major, CF61 1WF

**Telephone** +44 (0) 1446 799000 **Email** [info@uwcatlanticexperience.com](mailto:info@uwcatlanticexperience.com) **Website** [www.uwcatlanticexperience.com](http://www.uwcatlanticexperience.com)

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- Do not leave your little ones unattended, even if they are wearing a swimming aid
- Make sure your child is not unwell before enjoying the facilities
- Remind your child to walk at all times, and never run
- Encourage your child to approach a staff member if they have any issues.

## **Terms, Conditions and Liability Declaration: Swimming at UWC Atlantic Swimming Pools**

### **General**

The outdoor pool is not heated to the same temperature as the indoor pool. Entering cold water does have additional risks. The initial shock of entering into the water can lead to a panic attack, hyperventilation, and an increased risk of heart failure. Any of these can lead to you quickly becoming incapacitated and at risk of drowning as well as longer-term physical and psychological issues.

The indoor pool will be maintained above 26°C. Where the temperature of the outdoor pool is deemed too low then the indoor pool will be offered as an alternative. The main pools will be allocated for a mix of lane and casual swimming, however, lanes may be added or removed at the discretion of the management

### **Supervision**

Parents and guardians should actively supervise their children at all times. Ratios listed in our pool policy (above) must be adhered to at all times.

### **Declaration**

I hereby personally assume all risks associated with participation in the 'Swimming Session', whether foreseen or unforeseen. I further release, exempt and hold harmless said experience and release parties from any claim or lawsuits by me, my family, estate, heirs, or assigns, arising out of my participation in this experience, including both claims arising during the experience or after I complete the experience.

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I declare that I am in good mental and physical fitness for swimming and that I am not under the influence of alcohol, nor am I under the influence of any drugs that are contradictory to swimming water of any temperature.

If I am taking medication, I declare that I have seen a physician and have the approval to swim in cold water temperatures while under the influence of the medication/drugs.

I agree that if my health deteriorates during my swim or if the staff do not feel it is safe I continue swimming, I may be asked to leave the pool.

I further declare that I am of lawful age and legally competent to understand this liability release.

If the staff feel that you are not sufficiently competent, you may be asked to exit the pool

By booking you agree to:

- adhere to the pool rules at all times
- No alcohol is allowed within the lido
- Admission will be refused to any person appearing to be under the influence of alcohol or drugs
- Entry may be refused at any time
- Please note all tickets are non-transferable and non-refundable unless cancelled by UWC Atlantic
- Terms & Conditions may be subject to change at any time without prior notice.

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