

# Kingston Active Aquatic Facilities - Terms and Conditions

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  KINGSTONACTIVE

Entry to the City of Kingston Leisure Centres Aquatic facilities –

Waves Leisure Centre and Don Tatnell Leisure Centre are subject to the following Terms and Conditions.

## 1. Water conservation, hygiene and supervision

Kingston Leisure Centre's ensure aquatic facilities are maintained at optimum hygienic levels for the health and wellbeing of patrons, while striving to reduce environmental impacts through water and energy conservation.

### 1.1 SHOWER BEFORE USE OF AQUATIC FACILITIES

It is recommended that all swimmers shower before entering the pools or spa, especially following the use of the sauna and/or steam room.

### 1.2 WATER SAVING

Kingston Leisure Centres are committed to water conservation, both centre's have installed many water saving initiatives. All patrons should consider their water use whilst at the Centre's.

### 1.3 LAP SWIMMERS

For your safety, when using the lap lanes at Kingston Leisure Centre's it is important to:

- Always swim on the left of the lane
- Overtake with caution
- Stay close to the lane rope when resting, and
- Choose an appropriate lap lane; Fast, Medium, Slow, based on swimming ability and other lap swimmers within the pools at the current time.

### 1.4 SUPERVISION OF CHILDREN

As all facilities within each Centre adjoin an aquatic area, the Aquatic Supervision Rules apply to the entire Centre. Kingston Leisure Centre's are accredited Watch Around Water facilities, and as such:

- Children under the age of 5 years must be actively supervised, remaining within arm's reach of a parent/guardian at all times. parent's/guardians must accompany children into the water.
- Children under the age of 10 must be actively supervised by a parent/guardian at all times.
- For parents/guardians who have children partaking in a program within the centre; it is the parent/guardian's responsibility to accompany the child to their program and to resume active supervision of their children at the completion of the program.

Note: the term “actively supervised” describes a Parent or Guardian’s capacity to be “Ready to Act” at any given time, when supervising a child within their care. The centre’s staff have the authority to determine whether a parent/guardian is suitably “ready to act” and may request that their method of supervision is altered to ensure the safety of the children within their care.

Patrons must pay attention to Lifeguards at all times and follow their instructions.

## 1.5 SUPERVISION DURING WAVES OPERATION (WAVES LEISURE CENTRE ONLY)

At Waves Leisure Centre, when a Waves Session is in operation, all Children under the age of 10 years must have a parent/guardian in the water with them and within arm’s reach at all times for the duration of the session.

## 1.6 BE SAFE AROUND THE WATER FOR EVERYONE’S ENJOYMENT

- No running around pools.
- No tennis balls in the water.
- No diving.
- Be aware of changing water depths.
- Follow Lifeguard instructions at all times

## 1.7 TO HELP KEEP OUR POOLS HEALTHY

- Patrons who have suffered gastro like symptoms within the last two weeks, should refrain from utilising the pools.
- Infants and young children must wear an appropriate and well-fitting swimming nappy suitable for an aquatic environment.

## 1.8 GUIDELINES FOR SAFE USE OF THE SPA, SAUNA AND STEAM ROOM

- It is recommended that people who are pregnant or those who suffer from chronic health conditions should avoid using these facilities.
- Patrons must wear a wristband from reception at all times when using the spa/sauna/steam room.
- Only patrons aged 16 years and over may use these areas.
- Patrons should limit their time in the facilities to 15 minutes.
- Patrons should not submerge their head in the spa at any time.
- Patrons are required to shower before entering any of these areas.
- No reading material should be taken into the Sauna or the Steam Room.
- Sauna usage requires patrons to keep a towel with them at all times.
- Patrons should remain sitting whilst in the sauna and steam rooms.
- Patrons are not to engage in conduct that compromises the hygiene of these facilities. These include; spitting, personal grooming, shaving, cutting nails, exfoliating
- Oils are not permitted into the sauna or steam room, staff may provide eucalyptus spray on request, at their discretion.
- It is recommended that patrons stay well hydrated when using these areas and report to a staff member immediately should they begin to feel unwell.

Please refer to the Spa, Sauna and Steam room rules located at the entrance to each facility for more information. Always seek professional medical advice before utilising these facilities.