

BEFORE YOU GO SWIMMING

Pool safety and admission rules



Children under 8 years old must be accompanied by a responsible adult over 16 year on a two children to one adult basis.



Customers are advised not to swim if you 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:



Swimming trunks, swimming shorts
Knee length shorts including board shorts
Bikini's/tankini's
Swimming costumes
Lycra leggings (including below knee)
Short and long-sleeve close-fitting t-shirts
Swim dresses.



Young children:

Swimming trunks, swimming shorts
Bikini's/tankini's, swimming costumes
Float suits, neoprene "float jackets"
Knee and elbow length suits
Swim nappies.
Swim nappies must be worn by children not yet toilet trained and are available for purchase 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. Only suitable swim wear should be worn in the pool unless approved by management for sensitivity reasons or other reasons.

Swimwear which is not made from chlorine-resistant materials may be damaged. We would advise that weak or non-swimmers wear close-fitting swimwear (for example swimming trunks or a full swimsuit) to aid their learning experience.

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 and are available to purchase from reception.

Photography and videography policy



Customers are free to take photographs whilst taking part in sport and fitness activities within family and social groups.

Photography/Videography consent

In some circumstances Zest will request that written approval is gained in advance. These include commercial photography related to sporting or coaching events and promotions. If you are unsure please ask our site duty manager.



It is not appropriate for photography or videography to be undertaken in changing room areas, toilets or the sauna.

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