



S P A ILLUMINATA DANESFIELD HOUSE

Swim - Safe for Children

Visitors to Spa Illuminata Danesfield House are kindly requested to observe our policy regarding children. Children below the age of 5 years may not enter the Spa building at any time. Children between the ages of 5 and 16 years may use the pool and changing areas during the following specified times:

Monday – Friday 2pm – 5pm

Saturday & Sunday 8am – 9am & 2pm – 5pm

Please be aware that we do not operate with a lifeguard monitoring in or around the pool. To ensure children's safety and enjoyment of their time in the pool we ask that you comply with the following National Standard:

- **The ideal ratio for children under 8 should be one adult to two children**
- **This can be increased to one adult to three children if one or more of the children are a strong, confident swimmer and they are over the age of 8.**
- **Children must be constantly supervised all times whilst in the Spa. Please make sure that you stay close to them and maintain constant eye contact throughout your visit.**
- **Children under 8 must use the same changing room as their parent/guardian**
- **Children over the age of 8 must use their same sex changing room**
- **Children of any age are not allowed to use the Jacuzzi, steam room or Sauna in the pool hall.**
- **No jumping, diving, splashing, screaming or generally disruptive behaviour is permitted.**
- **Should you need to raise the alarm whilst in our pool hall there is a red emergency phone by the entrance to the men's changing rooms that will connect you to our Spa Reception team.**

Failure to comply with these rules may result in you being asked to leave the facilities by a member of staff

Swim-Safe Guidelines

- We do not have a lifeguard monitoring the pool hall, only passive surveillance CCTV
- We advise against lone swimming for your own safety.
- No running, jumping, diving or disruptive behaviour is allowed.
- All guests are kindly requested to shower prior to entering the pool.
- No glass objects are allowed on poolside. Please use plastic or paper cups supplied from our Spa bar.
- Do not use the pool if you are under the influence of drugs or excessive amounts of alcohol.
- The use of mobile phones to make phone calls or as a camera is prohibited. Please be aware of other guest's privacy.
- Please remove all jewellery before entering.
- Drink plenty of water to avoid dehydration during your Spa experience.

Steam, Sauna and Jacuzzi

- Limit yourself to 10 minutes in each room, cooling off in between.
- Please do not use these if you are pregnant, epileptic, diabetic, asthmatic, suffer from high or low blood pressure or heart conditions.

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by a member of staff*

- If you feel unwell while using the steam room please press the emergency button inside the steam room to alert Spa Reception.

EMERGENCY RESPONSE

Should you need to raise the alarm whilst in the pool hall there is a **RED emergency telephone by the entrance to the men's changing room that will connect you to Spa Reception.**

The Spa Management shall not be held responsible or liable for any loss or damage whatsoever or and bodily injury, death or illness of any guest, howsoever caused, sustained or incurred arising out of or in any way connected with the use, whether proper or otherwise, of any of the equipment and/or facilities of the Spa.

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by a member of staff*