

## **Black Beck leisure facilities rules**

As our valued customer, we want you to enjoy the use of our hot tub and leisure facilities during your stay with us. Your enjoyment is of great importance to us, however, so is your safety. Before use, please ensure you have familiarised yourself with the rules below.

The Park gym and leisure facilities will be unsupervised.

### **Gym equipment:**

- Users are responsible for the safety and wellbeing of themselves and use the gym equipment at their own risk. Partington's do not provide instruction, or assistance for the use of the facilities and equipment. Users must comply with all rules imposed by the company regarding the use of the facilities and equipment.
- Any equipment removed or damaged will be charged at the full replacement cost.
- The Park shall not be liable for any damage to, loss, or theft of personal property.
- No children under 16 are permitted to use the gym. Children aged 16-17 must be supervised by an adult (18+) at all times.
- Do not use the equipment if you are unwell or feel dizzy at any time.
- Seek professional medical advice if you have any health conditions, and/or are pregnant, prior to using the gym equipment. If you do have any health conditions, we recommend that you do not put yourself at further risk by using the gym equipment. Always consult a doctor before undertaking a training programme. Injuries to health may result from excessive or incorrect training.
- Do not eat, smoke, vape, consume alcohol or drugs before or during gym equipment use.
- Please put the free weights back, once you have finished using them.
- Please sanitise equipment using the sanitising station, after use.

## **Black Beck leisure facilities rules**

### **Hot tub & Sauna:**

- Hot tub & sauna use is at the user's own risk.
- Always keep the hot tub covered when not in use. This will prevent young children and animals from falling/climbing in, as well as conserve energy and prevent any debris from falling in.
- Do not stand on the hot tub cover.
- Please shower or rinse before using the hot tub to remove skin lotions, fake tan and makeup. This will preserve the quality and cleanliness of the hot tub.
- Never use the hot tub & sauna alone or when you are overly tired.
- Take care when entering or leaving the hot tub as the steps, decking or patio areas can become slippery when wet. Please wear suitable footwear to protect your feet whilst walking around the hot tub area.
- Keep all loose articles of clothing and jewellery away from the jets and other moving components.
- If you have, heart or circulatory problems, high or low blood pressure, epilepsy, diabetes, are prone to fainting or dizziness, are pregnant, have skin conditions, allergies, any other medical conditions and/or are taking medication, we recommend you do not use the hot tub & sauna, without professional medical advice.
- For hot tub use, children 8-16 years of age must be supervised by a suitable adult (18+) at all times.
- For sauna use, under 16s are not permitted.
- No children under 8 years of age are permitted to use the hot tub.
- The recommended duration in the hot tub is 20 minutes maximum. The recommended duration in the sauna is 5 – 20 minutes maximum.
- If you experience any signs of an allergic reaction, we kindly ask that you exit the tub immediately and seek medical advice as soon as possible. Please report this to Reception.

### **Do not;**

- Consume alcohol and/or drugs before or during hot tub & sauna use.
- Use the hot tub & sauna after a heavy meal or exercise.
- Drink or immerse your head in the hot tub water.
- Use glassware in the hot tub & sauna or surrounding area.
- Exceed the maximum capacity of the hot tub & sauna
- Use electrical appliances near or in the hot tub & sauna.
- Add extra water to the hot tub.
- Smoke or vape in the hot tub & sauna.
- Consume food in the hot tub & sauna.
- Alter the temperature of the hot tub and/or sauna or touch the controls.

Our Team Members run daily checks on the gym and leisure facilities, so expect to see a member of the team keeping the facilities safe for use, throughout your stay.

If you have any questions, please ask a member of the team. We hope you enjoy using the facilities.

