

General Swimming Guidance



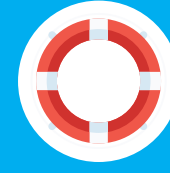
Swimming Admissions



Any child under the age of 8 years old regardless of their swimming ability **MUST** be supervised in the water at all times by a responsible person (aged 16 years +). Supervision is on the ratio of ONE adult for every TWO children (excluding lessons).



Customers are not advised to swim if they have eaten within the last hour or have had an upset stomach.



Follow the lifeguards instruction, they want you to enjoy your swim in a safe environment.

Appropriate Swimwear

Males

- Swimming trunks
- Swimming shorts
- Knee length shorts, including board shorts
- Lycra leggings, including below the knee
- Long sleeved close fitting t-shirts
- Short sleeved close fitting t-shirts

Females

- Bikini/Tankini's
- Swimming costumes
- Lycra leggings, including below the knee
- Long sleeved close fitting t-shirts
- Short sleeved close fitting t-shirts
- Swim dresses

Young Children

- Swimming costumes
- Swimming trunks
- Swimming shorts
- Bikinis/Tankinis
- Float suits/Neoprene float jackets
- Knee and elbow length suits
- Swim nappies

Swim nappies must be worn by children not yet toilet trained

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.

Swimwear which is not made from chlorine resistant materials may be damaged. We would advise that weak or non-swimmers wear close fitting swimwear (i.e. swimming trunks or a full swimsuit) to aid their learning experience. Tees Active reserve the right to determine whether swimwear is appropriate.

Pool Hygiene



All swimmers are required to shower and to use the toilet before entering the swimming pool.



Customers who have suffered from sickness and/or diarrhoea must not swim until symptom free for 48 hours or 14 days after being diagnosed with cryptosporidium by their GP.



Swim nappies must be worn by children that are not yet toilet trained.

Photography and Videography policy



As a general rule, the use of photographic equipment within a Tees Active facility is not allowed without both the Venue Manager's consent and the consent of the person whose photograph is being taken. In the case of a child this last consent would have to be given by the parent.

Notices are displayed at reception and other key areas, which clearly state that the use of Photographic Equipment is prohibited without prior permission from the centre management team.



It is not appropriate for photography or videography to be used in any part of the changing rooms, toilets and in the swimming pool area.

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