

Code of Conduct Tullamore Court Hotel Leisure Centre

To avail of the facilities at The Tullamore Court Hotel Leisure Centre

- All members and guests must check-in at reception. Members check-in by using their key for or by giving their full name. Guests or cancelled members must pay the daily usage fee and supply a name and emergency contact number. Cancelled members also have the option of renewing membership to gain access.
- Members and guests found not adhering to the rules and regulations will be asked to leave the premises and may risk their membership being terminated.
- Off peak members must check in by 4:30pm and vacate the facility by 5:30pm sharp.
- Peak members may check in from 7am. Last check in is 9:30pm and must vacate the facility by 10:15pm sharp.

Swimming Pool

- All members, residents and guests must wear appropriate swimming costumes and hats that does not cause offence or embarrassment to other members. Bathing suits and not towels are to be worn in the sauna, steamroom, or on pool deck. Baby's purpose designed leak proof nappies are to be used if required. No outdoor footwear is permitted on pool deck.
- All members, residents or guests must shower before entering the pool and also after using the sauna and steam room prior to re-entering the pool.
- Children under 14 will not be allowed into the pool without adult supervision.
- Children under 16 will not be permitted to use sauna, steam room and Jacuzzi.
- Lifeguard may change rules and regulations poolside at any time if he or she feels necessary for health and safety. Members, residents or guests found not adhering to the rules and regulations will be asked to leave the premises and may risk their membership being terminated.
- Pool depth 1.3m (**strictly no diving or jumping**)
- Members, residents or guests are not to get the attention of any staff member to turn on water features by whistling, shouting or banging water features. Members, residents or guests are encouraged to come to reception door and knock once to have water features turned on.
- Bather load capacity is 50 patrons at any one time. Members, residents or guests will not be allowed access when this number is reached.
- No glass, sharp objects, inflatables, toys, phones or recording devices are permitted on pool deck.
- Peak members have to vacate all pool facilities by 10pm sharp.

Gym and classes

- Prior to entering the facility all members are advised to requests gym induction to correct use of all gym equipment once an instructor is available an induction should last no more than 5 minutes.
- Members can avail of complimentary fitness programmes every 8 weeks once booked, throughout their membership term.
- All workout zones are for 16 years and over only, unless part of an agreed training programme.
- All users must wear appropriate gym clothing that does not cause offence or embarrassment to other members, residents or guests, no boots, shoes or sandals are permitted.
- Instructor's advice on correct use of equipment in all zones is to be adhered to at all times.
- In the interest of hygiene and respect for fellow members please ensure that you wipe down all machines after use, and re-rack all weights used.
- Peak members have to vacate all gym facilities by 10pm sharp.

Personal effects

- Lockers are provided for storing member's, residents' and guests' clothing. Smaller lockers for phones, wallets etc. are available at leisure centre reception in exchange for key fob or car keys. Please note that the owners and management take no responsibility for your personal valuables, chosen to be left in any area of the leisure centre at any time even when in a secure locker.
- Members, residents and guests are requested to empty their lockers after use.
- Leisure centre staff reserve the right to access each locker at the end of each day and remove any personal effects.

Health & Safety

- Members, residents and guests must inform staff member upon check-in if they have any medical issues that could affect their safety or the safety of other users when using the Leisure Centre facility.
- Members, residents or guests who have any form of medical condition or who are on strong medical prescriptions should consult their doctor before using any of the Leisure Centre facilities.
- The Owner will not be in any way responsible for any harm which may come to a member, residents or guests as a result of him/her undertaking, within the Leisure Centre, any activity which is beyond his/her physical capacity whether due to a medical condition or otherwise.
- Members, residents or guests shall not use the facilities of the Leisure Centre while under the influence of alcohol, drugs (whether prescribed or otherwise) or any other substance which may put their safety at risk.
- Members, residents or guests are advised not to undertake strenuous physical activity for which they might be medically unfit and are also advised to have a medical checkup before embarking on any strenuous activity.

General

- Membership is strictly non-transferable and non –refundable and management reserve the right to amend the above rules and regulations for the benefit of all members.
- Keeping with updated GDPR Regulation, by supplying your phone number and e-mail address you are agreeing to allow The Tullamore Court Hotel Leisure to contact you as a current and past member.
- Memberships cannot be frozen at any time unless medical documentation is provided. Membership will reactivate automatically on the date provided on the medical form.
- All users must be able to use our work out Ares safely and correctly, we do not offer inductions to pay as you go users. The Tullamore court hotel will not be held responsible for any injury that may occur due to incorrect use.