

## **Rules & Regulations / Rules of Use**

### **Opening hours**

Club members will have access to the Beach Club from the hours of 07:00-22:00.

Access to the Beach Club will only vary when a mechanical breakdown occurs or during routine maintenance.

### **Admissions procedure**

Club members must present their membership card at reception prior to admission to the Beach Club upon each arrival. If a member loses or misplaces their card, an administration charge of £5 will be incurred for replacement.

### **Membership**

Membership will be on an annual, 6 monthly or monthly basis. Admission will be refused if any membership subscriptions are unpaid. No credit of membership fees will be given in the event of failure to inform us of your intention to cancel. If you cancel your membership and then decide that you wish to rejoin, there will be a £10 reactivation fee. We do offer a payment holiday which allows you to freeze your payment for up to three months per year. In order to do this you must give the correct instructions in writing, no less than ten days prior to the month that you wish to take the payment holiday.

### **Children**

Children under the age of 16 are welcome in the Beach Club between the hours of 07:00-19:00. We do implement a child to adult ratio to ensure full supervision in the pool. We ask for one adult to every one child under the age of three and one adult for every three children under the age of ten. All children under the age of ten must be supervised at all times in and around the pool area. Juniors aged fourteen to sixteen are welcome in the gym, however, may only use the cardio vascular equipment.

### **Valuables**

The management of the Falmouth Beach Hotel do not accept responsibility for any loss of valuables whilst on the premises. We ask that all valuables are deposited in the lockers provided. Locker keys must not be removed from the Beach Club area.

### **Injury**

The management of the Falmouth Beach Hotel do not accept responsibility for any personal injury sustained on the premises. The management would like you to be aware that when using the facilities of the Beach Club, you do so at your own risk.

### **Showers**

Showers must be taken before entering the swimming pool or spas, showers must also be taken after leaving the sauna and steam room and before re-entering the swimming pool or spas.

### **Open wounds**

Any person with an open wound or wearing a dressing will not be permitted to enter the swimming pool or spas. Please see a member of the Beach Club team for advice if you do have any wounds or abrasions.

### **Inflatable, toys etc**

Inflatables, balls, flippers, snorkels and masks etc. are not permitted in the swimming pool. Goggles, armbands and children's float suits are permitted.

### **Drinks and glasses**

No glass bottles are permitted in Beach Club. Any person thought to be under the influence of alcohol or drugs will be refused entry to the facilities for their own safety. Only food and drink bought from the premises may be consumed in the viewing area.

### **Costumes**

Swimming costumes or swimming shorts must be worn at all times whilst using the facilities on the poolside. No outdoor wear will be permitted in the pool area.

### **Dangerous behaviour**

Antisocial and dangerous behaviour will not be tolerated. Any dangerous behaviour that will endanger or spoil enjoyment for others will not be tolerated. Individuals concerned will be warned or possibly asked to leave the premises. The event will be referred to the management of the Falmouth Beach Hotel, whose decision on the membership will be binding.

### **Towels**

Towels are available from the beach club reception but the following charges apply:

- Members = a £5 deposit per towel
- Residents = a key card must be left as a deposit
- Occasional users = a £5 deposit per towel plus a £1 laundry charge

### **Amendments to Beach Club Rules and Regulations**

The management of the Falmouth Beach Hotel reserve the right to amend these rules and review the subscription charges if and when required.

### **Rules of Use**

1. To ensure that you receive full benefits from the equipment and that you use it safely, please adhere to all instructions which the duty supervisor may give.
2. To maintain high levels of hygiene, we request that all Beach Club members train with a towel, appropriate t-shirt, joggers or shorts and trainers.
3. After using the equipment, please take a moment to wipe it down for the consideration of your fellow gym users.
4. Please ensure that all free weights, such as dumbbells and discs, are replaced to the racks provided. Obstructions can cause accidents.
5. As a member of the Beach Club, we hope that you will enjoy our facilities for years to come. To help make this possible, use all the equipment with care and as you have been instructed. Any misuse of the equipment will not be tolerated.
6. Clean leisure and footwear must be worn at all times.
7. Any health and safety issue which is not complied with, or any conduct that might endanger or spoil the enjoyment of others, will not be tolerated and you will be asked to leave and your membership may be cancelled.