POOL + STUDIO

HOUSE RULES

General

1. If you are unwell DO NOT enter the premises,
2. If you:
   - currently have a fever, sore throat, cough, sneezing or have any other common symptom of COVID-19
   - are currently in self-isolation under the instruction of the NZ government
   .....DO NOT enter the premises
3. Please follow the further required government guidelines under the Covid Protection Framework.
4. All vehicles must follow the 5km speed limit for the Flow Pool and Studio driveway when arriving and departing.
5. All clients must sign the Flow Pool and Studio "Informed Consent and Liability Waiver" before utilising the facility and services on offer.
6. All class and appointment bookings are to be made via the MindBody Booking App prior to entry, and all clients for classes must sign-in on arrival.
7. Advance payment is required for all bookings. No cash payments are available, and no cash will be kept on site. Direct debit continues to be the preferred payment option, or payWave.
8. These facilities are private property and the owner, manager and/or operator of these facilities reserves the right to refuse admission or entry to any person.
9. These premises may be monitored by CCTV surveillance.
10. You must keep the premises clean and tidy at all times. No spitting.
11. All rubbish is to be removed from the facility areas and/or placed into bins onsite.
12. All breakages or any damage to the premises or equipment must be reported to the owner, manager and/or operator immediately.
13. You must not interfere or cause any disturbance that effects any other user of the premises.
14. No glass is to be brought into the premises.
15. No alcohol is to be brought into the premises, unless arranged prior with the owners.
16. No food is to be consumed in the premises, unless arranged prior with the owners.
17. For the Sauna, all users must be 18 years and over.
18. Any person under the age of 18 years must firstly have parental/guardian consent to book into a class or appointment.
19. Any person under the age of 18 years can only use the facilities (excluding the Sauna) if they are accompanied by a caregiver aged 18 years and over.

Pools – including Swimming Pool, Spa Pool and Plunge Pool

20. **These pools are not supervised by a Lifeguard.** For your safety and the safety of others please ensure that you always follow the below rules and the wider "**House Rules**" whilst using the facility.
21. REMINDER; Please ensure you have booked and paid on the Mindbody Booking App prior to entry.
22. Children under the age of 8 must be actively supervised by a caregiver aged 18 years and older at all times in the facility, and children under the age of 5 must be within arm's reach at all times.
23. Always bring someone to swim/soak/plunge with or be poolside while you are in the water.
24. Do not swim swim/soak/plunge under the influence of drugs and alcohol.
25. Appropriate swimwear is to be worn at all times. This includes, togs, shorts (above the knee), and rash tops; Singlets, boxer shorts, bra or camisoles, and denim shorts are not permitted. A plain white t-

shirt may be worn with swimwear underneath. No dirty clothing or undergarments are to be worn in the pool.

26. A person with open sores or wounds or skin infections may be refused entry to the pools for public hygiene reasons.
27. If you have experienced any vomiting or diahorrea symptoms in the last 2 weeks you will not be able to enter the pools.
28. REMINDER; No glass is to be brought into the premises.
29. Only the existing props and equipment provided are permitted in the swimming pool. No foreign equipment is permitted, unless arranged prior with the owners.
30. No running around or diving into the swimming pool.
31. Pool sessions are limited to two consecutive sessions (combined maximum of 2 hours).

<u>Sauna</u>

32. REMINDER: For your safety and the safety of others please ensure that you always follow the below rules and the wider "**House Rules**" whilst using the facility.
33. REMINDER; Please ensure you have booked and paid on the Mindbody Booking App prior to entry.
34. Do not use the sauna if you;
    - are pregnant
    - have a serious illness
    - have a heart condition
    - have high or low blood pressure
    - have a respiratory condition
    - have any other medical condition which may affect your reaction to heat; unless you have specific medical clearance to do so.
35. REMINDER: All users of the Sauna must be 18 years and over.
36. Take a break after 15 minutes.
37. Remember to drink plenty of water.
38. Shower and towel dry before and after use.
39. Please use a towel or mat to sit on in the sauna.
40. Oils or lotions are not permitted to be used while you are in the Sauna.
41. REMINDER: No spitting.
42. Sauna sessions are limited to two consecutive sessions (combined maximum of 1 hour).