



## **Child Admission Policy and Procedures**

### **Child Admission Procedure**

The aim of our child admission policy is to protect those most at risk, whilst at the same time ensuring the ongoing enjoyment of this facility by children. It should be noted that in Ireland a child is legally defined as being under the age of 18. In order to achieve these goals, The Heritage Health Club operates the following Child Admission Procedures to ensure the safety of all users:

Membership for person's aged 17 years and under can only be accepted as an addition to an adult club member from their immediate family.

Person's aged 15 years and under must be accompanied in the Club at all times. They are however restricted from using the Fitness Suite.

Person's aged 16-17 years may both use the Pool & Fitness Suite (Cardiovascular Machines only). However, use of the resistance machines is not permitted.

Person's aged 15 years and under may not use either Sauna or Steam Room at any time for safety reasons.

Persons aged between 12-16 years may only use the Jacuzzi whilst accompanied by an adult member (over 18 years), and persons ages 11 years and under are not permitted to use this facility.

Persons aged 15 years and younger are welcome to use the Health Club up to 6.30 pm each evening. Only over 16's usage of the Club is available after this time and within the operating hours of the Club.

### **Swimming Pool Specific Guidelines:**

Lifeguards cannot and should not be expected to replace the care and supervision of a parent.

Children aged 1 to 5 must be accompanied by a responsible adult (aged 18 years or over) in the pool at all times.

Children aged 6 to 10 years must be accompanied by a responsible adult (aged 18 years or over) who must remain in view of the child in the pool.

Children aged 11 to 15 years must be accompanied by a responsible adult (aged 18 years or over) who must remain on the Health Club premises for the duration of the child's use of the pool.

Children aged 16 – 17 years may use the facility unaccompanied but must not be responsible for children aged 15 years and under.

Buoyancy aids being used by children should carry an approved emblem and are not to be used as a substitute for adult supervision.

### **Swimming Lessons Admission Procedures:**

All children must be signed in at reception and also with their swimming instructor at the start of each lesson.

Parents / Guardians of all children attending swimming lessons for the first time, must fill in a consent form and health history questionnaire on behalf of the child.

Parents/ Guardians must remain on the Health Club Premises for the duration of the swimming lesson.

### **Children's Use of Changing Rooms**

Issues can arise for other users when a child of the opposite sex has to share the dressing room with the person minding them. All users are asked to be mindful of this and to use the family changing rooms located in both the Male and Female Changing rooms when changing with younger children if desired. Children aged 7 years and upwards should not be permitted to use the main changing area of opposite sex changing rooms.