



## **Child Admission Procedures**

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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:

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 the Spa Pool (Jacuzzi), Sauna or Steam Room at any time for safety reasons.

Children's (aged 15 years and under) access hours each day are 9am to 12 noon and 3pm-6pm. Only adult usage (aged 16 years and over) is allowed during all other hours.

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

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

Children aged 0-8 must be accompanied by a responsible adult (aged 18 years or over) **in the pool** at all times.

Children aged 9-12 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 13 - 15 years may use the facility whilst an **adult remains on the Health Club premises**.

Children aged 16-18 years may use the facility unaccompanied but must not be responsible for children aged 15 years and under.

**Supervision Ratios:** Whilst in the pool the responsible person should maintain a constant watch over the child/children and be in close contact with children who are weak or non-swimmers. Children aged 8 years and under must be accompanied in the pool by a responsible adult on a ratio of one adult to one child. If these children are **wearing** approved buoyancy aids (are not hand held and carry an approved emblem) this ratio increases to two children to one adult. Buoyancy aids being used by children are not to be used as a substitute for adult supervision.

Please note that lifeguards may request a swim test for children entering deep water if they appear to lack confidence or do not demonstrate water confidence in their swimming ability. Failure to complete or pass the test will result in restricted usage being applied i.e. they must stay in the shallow end of the pool.

### **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 but also when bringing children aged 7 years and upwards into the opposite sex changing rooms.