

# POOL DECLARATION

Your health is your responsibility. The management and staff of this organisation are dedicated to helping you take every opportunity to enjoy the facilities that we offer. With this in mind, we have carefully considered that we can reasonably expect of each other.

Swimming is an activity which requires general physical fitness and good health. It can also do much to generate these conditions, and practice improves swimming ability and watermanship. However, anyone with a history of diabetes, black-outs (epilepsy, etc.), high blood pressure or heart disease, any lung or respiratory disorder, chicken-pox, dependence on drugs or has any other medical that could affect their ability to swim safely or has tested 'Positive' for COVID-19 should first discuss their suitability to do so with their local doctor (GP).

Swimming pools at St Mellion Estate have lifeguards during the hours of **6:30am** and **9:00pm** and relies on members and guests following the instructions in the Pool Safety Operating Procedures. Please see list below. Those adults with difficulties sufficient to produce problems in remembering, understanding and following the procedures may be disqualified. Those pool users with special needs should liaise with the club's Health and Fitness Manager so an individual risk assessment can be produced.

## Our Commitment to You:

1. We will respect your personal decisions and allow you to make your own decisions about what exercise you can carry out. However, we ask you not to exercise beyond what you consider to be your own abilities.
2. We will take reasonable steps to make sure that our equipment and facilities are in a safe condition for you to use and enjoy.
3. If you tell us that you have a disability which puts you at a substantial disadvantage in accessing our equipment and facilities, we will consider what adjustments, if any, are reasonable for us to make.



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ST. MELLION ESTATE  
St. Mellion, Saltash, Cornwall, PL12 6SD

**Your Commitment to Us:**

1. You should not exercise/ Swim beyond your own abilities. If you know or are concerned that you have a medical condition which might interfere with you exercising safely, before you use our equipment and facilities you should get advice from a relevant medical professional and follow that advice.
2. You should make yourself aware of any rules and instructions, including warning notices, and follow them. Exercise carries its own risks. You should not carry out any activities which are not suitable for you.
3. You should let us know immediately if you feel ill when using our equipment or facilities. Our staff members are not qualified doctors, but there will be a person available who has had first-aid training.
4. If you have a disability, you should follow any reasonable instructions to allow you to exercise safely.
5. **You must abide by the pool, wet-spa and poolside rules which are displayed clearly at both the shallow and deep end of the main pool. Failure to comply with these may result in you being asked to leave the pool area.**

This pool declaration and the above commitments will become binding between us upon signing during your visit.



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# HEALTH DECLARATION

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## Our Commitment to You:

1. We will respect your personal decisions and allow you to make your own decisions about what exercise you can carry out. However, we ask you not to exercise beyond what you consider to be your own abilities.
2. We will take reasonable steps to make sure that our equipment and facilities are in a safe condition for you to use and enjoy.
3. We will take reasonable steps to make sure that our staff are qualified to the fitness industry standards set out by the Register of Exercise Professionals.
4. If you tell us that you have a disability which puts you at a substantial disadvantage in accessing our equipment and facilities, we will consider what adjustments, if any, are reasonable for us to make.

## Your Commitment to Us:

1. You should not exercise beyond your own abilities. If you know or are concerned that you have a medical condition which might interfere with you exercising safely before you use our equipment and facilities, you should get advice from a relevant medical professional and follow that advice.
2. You should make yourself aware of any rules and instructions, including warning notices, and follow them. Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you.
3. You should let us know immediately if you feel ill when using our equipment or facilities. Our staff members are not qualified doctors, but there will be a person available who has had first-aid training.
4. If you have a disability, you should follow any reasonable instructions to allow you to exercise safely.

This health declaration and the above commitments will become binding between us upon signing during your visit.



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