

Glen Eira Leisure Rules

Management reserves the right to remove or ban individuals or groups from the facility for behavioural misconduct

Aquatics

- Children under 10 years must be accompanied into the aquatic area and actively supervised while in the centre at all times by a person who is 16 years or older.
- Children under five years must be actively supervised within arm's reach while in the centre at all times.
- Unsupervised children will be removed from the water.
- Management strongly recommends the use of lockers for all personal belongings.
- Please shower before entering the aquatic area.
- Toddlers and babies must wear suitable enclosed swimwear at all times.
- For safe swimming please respect lane signage.
- Please walk around pool deck.
- Patrons must wear appropriate swimwear.
- No diving allowed (dive entry only permitted by trained swimmers under staff supervision).
- Do not hang on lane ropes.
- Smoking, spitting or offensive behaviour is not permitted.
- Glass objects are not permitted.
- To ensure the safety of yourself and others please do not dive, bomb or involve yourself in rough play.
- Management reserves the right to remove or ban individuals or groups from the facility for behavioural misconduct.
- Cameras or mobile phones are not permitted to be used in change rooms. Permission must be sought for the use of cameras within the centre from management.
- Do not climb or hang off water play equipment.
- If you have suffered any gastro like symptoms, please do not use the aquatic facilities for two weeks.
- Please do not use the aquatic areas whilst under the influence of drugs or alcohol.
- Please follow staff instructions at all times.
- For safety reasons, no freestyle or backstroke is permitted in the wellness program pool.
- For safety reasons, all equipment that inhibits effective swimming including Mermaid Tales are not permitted for use in the aquatic area.

Lane swimming

- Keep left at all times.
- Rest along the lane ropes and not along the wall.
- Please follow staff instructions at all times.

Leisure pool

- Children under 10 must be actively supervised by a person who is 16 years or older.
- Children under 5 years must be actively supervised within arm's reach at all times.

Glen Eira Leisure Rules

- Toddlers and babies must wear suitable enclosed swimwear at all times.
- Please wait your turn — only one person at a time on the slides.
- Please do not climb or hang off the play features.
- Please walk around pool deck.
- Please do not dive, bomb or involve yourself in rough play.
- Please follow staff instructions at all times.
- Have fun and stay safe.

Waterslides

- Running starts not to be allowed.
- Maximum combined weight of the riders should not exceed 180 kilograms.
- Only one ride/raft at a time, no chains are permitted.
- Wait until instructed by staff before entering the slide.
- Each rider is to immediately leave the waterslide pool on discharge from the flume.
- Please follow staff instructions at all times.
- Pirates Plunge body slide riders must:
 - enter feet first and on their back; and
 - Cross their ankles cross their arms across their chest.
- Shipwreck raft slide riders must:
 - be seated on a raft at all times;
 - be facing forward at all times;
 - elbows, knees and feet are kept within the raft at all times;
 - hands keep a firm hold of the raft handles at all times and for the complete ride; and
 - Lighter riders should ride the front of double rafts with the legs over the front of the nose and heavier riders in the back with their legs on top of the raft under the arms of each side of the person in front. Single riders on a double raft should ride the front section of the raft

Spa pool

This spa pool is a heated water environment and if you are concerned that it may adversely affect your health it is your responsibility to seek medical advice.

- Do not put your head under the water.
- Children under 16 years of age are not permitted in the spa pool.
- Do not use the spa pool whilst under the influence of drugs or alcohol.
- Do not stay in spa pool longer than 15 minutes at a time.
- Wristbands must be worn and displayed upon request.
- Pregnant women are advised not to use the spa pool or sauna.
- Please shower before entering the spa pool.

The following are not permitted in the spa pool:

- hair or skin treatments;
- shaving; and
- Newspapers or paper products.

Patrons breaking any of these rules may be asked to leave the Centre.

Glen Eira Leisure Rules

Stadium

- Children under 10 years must be accompanied into the stadium area and actively supervised while in the centre at all times.
- No food allowed in the stadium.
- Management strongly recommends the use of lockers for all personal belongings.
- Management reserves the right to remove or ban individuals or teams from competition for behavioural or financial misconduct.
- Smoking, spitting or offensive behaviour is not permitted.
- Persons under the influence of alcohol or drugs are not permitted.
- Please follow staff instructions at all times.

Stadium dress code

- Shorts, track pants or recognised fitness wear, T-Shirt, singlet, runners, soft-soled, closed toe exercise/leisure wear. NOT ALLOWED:
- Denim/cargo pants, clothing with rivets, work boots, hard-soled fashion shoes, open-toed footwear of any kind.

Health Club

Please ensure you:

- Practise personal hygiene by wiping down equipment when finished.
- Bring a water bottle and sweat towel at all times.
- Replace all weights after use.
- Have your membership ID on you at all times.
- Wear appropriate footwear and clothing.
- For the comfort of other patrons please ensure personal hygiene is maintained.
- Do not drop weights and use safety collars at all times.
- Please refrain from using unfamiliar equipment without the advice of staff.
- Allow others to use equipment between sets.
- Put all your weights and equipment away after use.
- Limit your time to 30 minutes on each cardio piece during peak times.
- Please follow staff instructions at all times.
- Do not engage in anti-social behaviour such as swearing, excessive grunting, aggressive behaviour or smoking.
- Children under 14 years are not permitted in the Health Club.
- Persons under the influence of alcohol or drugs are not permitted.
- Cameras or mobile phones are not permitted to be used in change rooms. Permission must be sought for the use of cameras within the centre from management.
- Please follow staff instructions at all times.
- Press STOP on treadmills when finished and check they are not moving before starting.
- Use the storage areas or lockers provided for bags or other personal belongings

Health Club dress code

- Shorts, track pants or recognised fitness wear, T-Shirt, singlet.
 - Runners, soft-soled, closed toe exercise/leisure wear.
- NOT ALLOWED:
- Denim/cargo pants, clothing with rivets, work boots, hard-soled fashion shoes, open-toed footwear of any kind.

Glen Eira Leisure Rules

Group Fitness

Please ensure you:

- Practise personal hygiene by wiping down equipment when finished.
- Bring a water bottle and sweat towel at all times.
- Have your membership ID on you at all times.
- Wear appropriate footwear and clothing.
- For the comfort of other patrons please ensure personal hygiene is maintained.
- Do not drop weights and use collars.
- Stack all of your equipment in designated areas after your class.
- Do not drag spinning bikes into place, be mindful of the flooring.
- Entry will not be permitted into any class after the first five minutes.
- Spaces in classes must not be reserved — each participant must have a ticket.
- Use the storage areas or lockers provided for bags or other personal belongings.
- Children under 12 years are not permitted in Group Fitness.
- Children between 12 and 14 years must be accompanied into Group Fitness and actively supervised at all times.
- Persons under the influence of alcohol or drugs are not permitted.
- Please follow staff instructions at all times.

Membership

- Membership access is not transferrable. E.g. only people with current valid memberships are allowed access to Glen Eira Leisure facilities.
- Member photos are required for identifying members whilst using Glen Eira Leisure facilities.
- Membership cards or bands remain the property of Glen Eira Leisure. The band or card must be kept with the member at all times whilst attending Glen Eira Leisure.

Transcend Wellness and Day Spa

- Cancellations with less than 24 hours of notice are subject to a cancellation fee amounting to the cost of the scheduled service.
- Turn mobile phones and pagers to vibrate upon arrival.
- Arrive 15 minutes prior to your appointment time to complete pre-treatment consultation
- Disclose any medical conditions, allergies, any sensitivities and prescription medications as some services may not be recommended.
- In certain circumstances, treatments may need to be altered or cancelled for the safety of participants without prior notice.
- Minimum age requirement of 16 years to utilise facilities and treatments. This is subject to parent/guardian approval and supervision for person under 18 years.
- Any sexual or unethical solicitations are not tolerated and will result in non-completion of your service and could be reported to authorities.