

Pool and Health Club Rules of Procedure

1. The Health Club and swimming pool are open daily, from June to October, from 09h00/19h00
2. The activities may also be suspended due to equipment and/or installations breakdown, technical reasons or other force majeure.
3. The Hotel may change the schedules and activities of the Health Club and the Outdoor Swimming Pool, committing itself in any case to display in a visible place such claims with due notice;
4. It is obligatory to hand in the requested towel(s) at the time of check-out.
5. If the towel(s) is lost or not returned, a compensatory amount of £20 per unit must be paid.

USE

For the use of the Health Club, all guests should:

1. be aware of the internal regulations and enforce the indications posted in the various areas and facilities of the Health Club and Outdoor Swimming Pool;
2. Access and the right to use the Health Club and pool facilities may be suspended if the guest does not comply with the regulations and if the good name and reputation of the hotel are called into question.

HYGIENE AND SAFETY

1. The use of any equipment/machinery requires prior consultation of the Regulation;
2. Only appropriate equipment (sports clothes and shoes) may be used in the exercise areas;
3. Children under 12 may use the gym provided they are properly accompanied and supervised by a responsible adult;
4. Users must use towels in all and any activities, namely in fitness machines;
5. It is mandatory to pass through the shower before using the pool and gym machines.
6. It is mandatory the use of slippers and swimsuits in the pool and gym area.
7. Users should maintain a careful body hygiene;
8. It is expressly forbidden to smoke inside the premises of the Health Club;
9. The client with skin diseases, open injuries, eye, nose or ear diseases, may not attend the pool for health, prevention and hygiene reasons;
10. The use of shoes used in the street is not allowed in any of the spaces of the Health Club and Outdoor Swimming Pool;
11. The hotel may not be held responsible for any physical damage or accident resulting from unforeseen circumstances or misuse of facilities and equipment;
12. The damage or loss caused to goods and equipment of the Health Club and Outdoor Swimming Pool will be paid by whoever is responsible for them;
13. The hotel shall not be liable in the event of theft or damage occurring within its premises, whether to personal objects or valuables;
14. It is expressly forbidden the entrance of animals in the Health Club, Swimming Pool and surrounding areas, with the exception of guide animals;

Specific Rules for the Use of Spaces and Equipment

FITNESS/GYMNASIUM ROOM

1. The programming of the devices is done exclusively by the hotel;
2. Children and young people under 12 years of age are not allowed to stay in the room without an adult accompanying them;
3. The use of appropriate sports clothing and footwear is compulsory;
4. The use of a towel is compulsory when using the machines;
5. Guests must leave the machines clean after use;
6. It is not allowed to bring any kind of bags or suitcases into the rooms of the machines, they should be kept in the changing rooms;
7. No alcoholic beverages or food are allowed in the machine rooms.

POOL

1. Guests should shower before entering and exiting the pool;
2. Always pass through the washing machine, soaking your feet profusely;
3. Take the children to the bathroom before entering the water, in the same way that they should remind the younger ones to ask to leave the water as soon as they feel like going to the bathroom;

4. Remove make-up or skin treatments before entering the water;
5. The use of slippers is mandatory in the access areas (it is not allowed to circulate barefoot);
6. After using the swimming pool or the wet areas, the guest should dry before moving to the other areas of the Hotel;

It is not allowed:

- a. Any act likely to hurt public morals, such as: topless, using inappropriate language, shouting, spitting in the water, among others that fall within the norms of good education;
- b. Eating, drinking and smoking in the area destined for the baths;
- c. Perform actions likely to endanger your physical integrity and that of other guests: running, pushing, jumping, suspending or sitting on the stairway to the pool, etc;
- d. Bringing into the water any type of jewellery, props or other objects that could endanger the physical integrity of the users, as well as clogging the filtering systems when lost;

Place the towels on the chairs/slides, to reserve them, without them being in the pool space. In these situations staff members may remove the towels and the guest will be charged a fine of £ 10.00 for each improperly occupied chair.

SAUNA *

1. take a shower before starting the session;
2. Wear a bathing suit or cover yourself with a towel;
3. Stay in the sauna for the recommended time limit for your physical condition (until the body is warm, about 5 minutes - reference value). When you feel your body warm, you should go out and take a cold or tepid shower;
4. You can return to the sauna as long as you stay for the recommended time limit (according to nº 3);
5. At the end of the second session, take a shower of cold or lukewarm water and rest;
6. You should not wear jewellery or any other metal object;
7. The sauna is contraindicated for people with varicose veins, heart problems and hypotension;
8. Users with poor health should always consult their doctor before using the sauna;
9. Users with low blood pressure (even if not hypotensive) and who use the sauna for the first time should not lie down.

JACUZZI *

1. shower before entering the water;
2. Stay in the Jacuzzi for 5-10 minutes;
3. Take a shower when you get out of the Jacuzzi;
4. The use of a cap in the jacuzzi is compulsory;
5. It is forbidden for minors under 12 to stay in the Jacuzzi;
6. No food or drink is allowed in the Jacuzzi.

OMISSION CASES

The cases omitted in this regulation will be examined individually by the hotel management.

***SERVICES TEMPORARILY CLOSED**