

# KUHMO SWIMMING HALL REGULATIONS

Kuhmo Town Economic Vitality Committee, 13<sup>th</sup> April 2022

## GENERAL

- Visiting time in the swimming hall is limited to 1h 30 min, including washing and dressing.
- The pool area closes 30 minutes and the shower rooms for 15 minutes before the closing time of the swimming hall.
- The use of alcohol, tobacco, snus and other intoxicants in the swimming hall is prohibited. Being under the influence of intoxicants in the swimming hall is prohibited. Smoking should be avoided in the vicinity of the swimming pool entrance.
- Eating and chewing gum in the shower, sauna and pool facilities are prohibited. However, plastic bottles for drinking water are accepted in the hall.
- The swimming hall is not responsible for lost items. You can inquire about lost items at the reception.
- The swimming hall uses a recording CCTV system to monitor the premises.
- Photography in the swimming pool is allowed only with the permission of the staff.
- School-age children must use the men's or women's dressing and washing facilities according to their sex.

## HYGIENE

- Take a shower without wearing a swimsuit before using the sauna or pools.
- Wash your hair before using the pools or wear a swimming cap. Long hair must be tied back.
- Do not wear a swimsuit and use a personal seat cover in the sauna.
- Avoid the use of highly fragrant products in the swimming hall.
- Swimwear made of Lycra or similar material is considered appropriate swimwear. Underwear or shorts with pockets are not appropriate swimwear.
- Avoid wearing jewellery in the pool area.
- Hair colouring, shaving, nail and foot care or similar are not permitted in the bathing facilities.
- Do not wear outdoor footwear in the pool or shower areas.

- People with contagious skin diseases must not use the swimming hall.
- Rented swimwear and towels should be returned to reception when leaving the swimming hall.
- Children under school age must be accompanied by a chaperone no younger than 16 when accessing the swimming hall. Children who are unable to swim are the responsibility of their chaperone for the duration of their time in the swimming hall.
- Only swimmers who can swim 25 m independently are permitted to use the large pool. However, a child without the required swimming skills may still use the large pool when wearing swimming aids and under the close supervision of their chaperone.
- Inform the staff of any health issues that may affect your safety in the pools.
- Long dives extending over 25 metres and series of several prolonged dives are prohibited.
- For the comfort and safety of all swimming hall users, loud noise, running around and any other disruptive or inappropriate behaviour are prohibited.
- Swimming lessons for groups, schools and sports clubs are held only under the supervision of the person responsible for these groups. The responsible adult must be present throughout the lessons.
- Jumping into the pools is permitted only from designated diving spots.
- Swimming or diving in the large pool crosswise during public opening hours is prohibited.
- Hanging off the lane ropes is prohibited.

These rules and any instructions from the staff must be followed.

Any violation of these regulations may lead to the removal of the violator from the swimming hall. The violator may then be denied access to the swimming hall for a certain period. Before the imposition of any restrictions, the parties involved in the violation will be heard. Decisions on restrictions are made by the town official in charge of the swimming hall.

Any decision will include a statement explaining the reasons for the decision and instructions for how to launch an appeal.

**WELCOME!**