



## TERMS & CONDITIONS FOR SPA, POOL & GYM USE

### INTRODUCTION

To help you get the best out of THE NICI Spa & Club and to understand our responsibilities to you and your responsibilities to us, please read these terms and conditions. The language we use should make these terms and conditions as clear as possible. If you have any questions, a member of the THE NICI Spa & Club team will be happy to help you.

These terms and conditions apply to all users of THE NICI Spa & Club. They are necessary to make sure we can offer an enjoyable and safe environment for you and other users during every visit to THE NICI Spa & Club .

These terms and conditions apply at all times and take priority over anything THE NICI Spa & Club staff might have told you. These terms and conditions may be supplemented at THE NICI Spa & Club locally.

These terms and conditions replace any previous versions.

### DEFINITIONS

**You** means any person using the THE NICI Spa & Club facilities;

**We and us** means THE NICI Spa, THE NICI Club, THE NICI and Nici Hotels

#### 1. GENERAL HEALTH & SAFETY

1. As your safety is our main priority, we do not allow glass containers inside THE NICI Spa but we do encourage you to stay hydrated at all times.
2. We recommend no use of THE NICI Spa facilities if you have had a large meal in the 90 minutes prior and under no circumstances should you use the facilities if you have been affected by the consumption of alcohol.
3. We do not allow pets (except for registered working assistance dogs) in THE NICI Spa & Club facilities.
4. To protect the safety of all THE NICI Spa & Club guests, you must pay particular attention to the information provided and all signs relating to health and safety. If you do not understand a notice or sign please ask a member of THE NICI Spa & Club team.
5. Fire exits are clearly marked throughout THE NICI Spa & Club. If there is a fire or if you hear the fire alarm, you should make your way out of THE NICI Spa & Club facilities through the nearest possible exit to the advertised assembly point in the car park.
6. If you suffer an accident or injury whilst in THE NICI Spa & Club facilities, you must report it and the circumstances under which it happened to the senior manager on duty immediately.
7. Smoking is not permitted on our premises at any time.



8. While you are at THE NICI Spa & Club facilities, we expect you to behave appropriately, respectfully and politely, and dress appropriately at all times. We can prevent you from entering THE NICI Spa & Club or ask you to leave if we think that your behaviour or appearance is not suitable.
9. You should not use facilities if you have an infectious illness or condition including but not limited to any of:
  1. a heart condition (heart attack, angina, irregular heartbeat or hole in the heart);
  2. high or low blood pressure;
  3. back or joint problems;
  4. suffer from diabetes;
  5. suffer from respiratory illness (asthma, bronchitis or emphysema);
  6. feel faint / dizzy;
  7. are under some medication or undergoing medical treatments for any illness;
  8. any serious injury or operation with the last 18 months;
  9. are pregnant (or have given birth in the last 3 months).
10. You should not take part in any physical activity that you may not be fit for. You are responsible for monitoring your own condition during physical activity.
11. You must stay hydrated at all times.

## **2. YOUR CHILDREN'S HEALTH & SAFETY**

1. Children aged 16 or under must be supervised at all times by an adult.
2. You must not bring your children into the THE NICI Spa & Club facilities if they have an infectious illness or condition.
3. Children must not use the sauna, steam room or similar facilities.
4. Children aged 16 may not use the gym.

## **3. CAR PARK**

1. You are only entitled to use the car park while you are using THE NICI Spa & Club facilities or a guest of the hotel where you have booked and paid for a space or are entitled to one under your membership. You must park only in the spaces in our car park or identified for use in connection with THE NICI Spa & Club.
2. If you do not have a disabled badge you must not park in the spaces reserved for disabled badge holders.
3. We do not guarantee that car parking is available at THE NICI Spa & Club.
4. You park in the car park at your own risk. We do not accept liability for any loss or damage to your car, or personal belongings in it, while you are parked in our car park.



#### **4. SWIMMING POOLS, SAUNA & STEAM ROOM**

1. We do not provide constant supervision to our pools, there is no poolside lifeguard. We ask you are mindful of this when entering the pool area. Additional rules may be published in the pool area, diving is not permitted under any circumstances.
2. For health and hygiene reasons, you must make sure you, your guests and any children in your party shower and use the toilet before using the facilities.
3. You must at all times follow the rules and guidelines displayed in THE NICI Spa & Club and any instructions any THE NICI Spa & Club staff gives you.
4. We may reserve the pool at certain times for adult-only swimming, aqua-aerobics classes, swimming lessons or similar activities. We will always try to let you know beforehand about these sessions by putting details on at THE NICI Spa & Club reception or on a noticeboard.
5. Items (such as floats and inflatable items) that may prevent other guests from enjoying our facilities will only be allowed at set times (ask at reception for details).
6. You are not allowed to use snorkels, masks, fins, flippers, radios or lilos in the pools.
7. You are not allowed to shave, exfoliate (remove dead skin), use oils or conditioners or eat in the pool, spa, steam room or sauna.
8. Children aged three and under must wear swimming nappies.
9. Children aged 16 and under must be accompanied and supervised in the pool and the pool area by an adult at all times.
10. One adult should not supervise more than two children at one time.
11. You should not use the facilities including but not limited to the sauna and steam room for longer than the recommended time.

#### **5. LOCKERS**

1. You bring all personal belongings to THE NICI Spa & Club facilities at your own risk. We do not accept legal responsibility for any loss or damage to these items.
2. If you leave your belongings in a locker overnight, we have the right to remove your belongings. You can claim the belongings we have removed from the THE NICI Spa & Club reception for up to two weeks after we remove them. After this time, we will not be responsible for the belongings.
3. If you find lost property, you must hand it into THE NICI Spa & Club reception immediately. We will hold items for three weeks only before giving them to charity.



## 6. GYM & FITNESS FACILITIES

Whilst we do not always have an instructor based in the gym, there are always staff on duty at The Nici Spa & Club who will be happy to help guide you on operation of the equipment. If you are still unsure of what to do having sort advice, do not use the equipment.

1. Before you start using the gym or fitness equipment, we will ask you to read a health commitment statement, complete Physical Activity Readiness Questionnaire (PAR-Q) and if required to complete a supervised induction session.
2. If you have concerns about your physical condition, you must not do strenuous physical activities without first getting medical advice.
3. To make sure you get the most from every activity that you do at the THE NICI Spa & Club in the safest possible way, you should always make sure that you warm up properly and take time to cool down after your activity.
4. You should tell the General Manager or a member of the membership team when you join about anything that is relevant to your physical condition. Members should continue to keep this information up to date throughout their term.
5. You are responsible for monitoring your own physical condition and should any unusual symptoms occur, you must cease participation and inform a member of staff of those symptoms.
6. Please do not:
  1. Use any equipment without reading the instructions, even if you have used it before;
  2. Use any equipment you are not familiar with or understood the instructions for use;
  3. Fail to follow any instructions given by instructor or member of The Nici Spa & Club staff;
  4. Exercise beyond your limits;
  5. Fail to always maintain good posture and take regular breaks
  6. Ignore signs and notices.

## 7. PHOTOGRAPHS & VIDEOS

1. You may take photographs and video recordings in THE NICI Spa & Club facilities for your own personal use provided that you keep to these rules and any extra rules displayed at THE NICI Spa & Club.
2. You must not take photographs or videos of any children under 18 other than your own.
3. Anyone who appears in your photographs or videos must be aware that you are filming them and you must get their permission first.



4. You must not take photographs or video recordings in a changing area, pool, sauna, steam room, spa or toilet.
5. If another member is unhappy that you are filming them and makes a complaint to us, we may ask you to show us any images which you have taken in the THE NICI Spa & Club facilities and to delete them if appropriate. If a member of our team asks you to stop filming or taking photographs you must do so notices.

## **8. CCTV**

1. Closed circuit cameras operate throughout the premises except in the changing areas. Any unlawful activity may be reviewed for possible legal action.

## **9. LIABILITY**

1. We will not accept liability for any damage or loss to a guest's personal property brought into the premises.
2. All activities and treatments are taken at the guest's own risk.
3. Neither us, nor our staff shall be liable for personal injury sustained by guests whilst on the premises, except in so far as it can be proven that this relates to the wilful act, neglect or default of us, THE NICI Spa & Club or any member of staff.
4. You park in the car park at your own risk. We do not accept liability for any loss or damage to your car, or personal belongings in it, while you are parked in our car park.