



SWIMMING POOL RULES:

1. **CHILDREN UNDER 7 YEARS OLD** and children not capable of swimming are allowed to come swimming only with an adult capable of swimming. Don't leave children not capable of swimming alone in the swimming hall area. You have to show your ability by swimming 25 m without swimming aids.
2. **TAKE A SHOWER ALWAYS** before sauna or pool. Wash your make up, hair/or use a swimming cap. Wash and go to sauna without swimming suit.
3. **BODY HAIR REMOVAL, NAIL CUTTING, FOOT CARE AND HAIR COLORING OR CUTTING** etc. are not allowed in our premises.
4. **SWIMSUIT** must be clean and meant for swimming only. Outdoor shoes or sandals use are not allowed in shower or pool areas.
5. If You have a **SKIN INFECTION**, or you have **GLANDING WOUND**, you are not allowed to come to the swimming hall.
6. Do not eat **CHEWING GUM** at the pools. Do not take any **BREAKABLE ITEMS** to the pool areas. Rantakeidas will take no responsibility of the damage caused to the property of the customers.
7. If you are **NOT CAPABLE OF SWIMMING** you are not allowed to use the big pool with **SWIMMING AIDS**.
8. **TAKING PHOTOS OR VIDEOS** is only permitted if approved by the lifeguards.
9. **JUMPING** to the pool is only allowed in the areas which are marked for jumping.
10. **USE OF ALCOHOL** or drugs is strictly forbidden in the swimming hall premises.
11. If you have **ILLNESS THAT MIGHT NEED SPECIAL HELP** from us, e.g. epilepsy or cardiac problems, let us know.
12. In order to keep swimming hall safe and comfortable, **DO NOT RUN, MAKE UNNECESSARY NOISE** or disturb other customers.
13. **THESE RULES, INFORMATION IN POOL AREA AND ADVICE BY STAFF MUST BE OBEYED.**

Please let us know if You have any issues or need further information.