

## SWIMMING POOL RULES:

1. **CHILDREN UNDER 7 YEARS OLD** and children not capable of swimming are only allowed to come swimming with an adult. Do not leave children not capable of swimming unattended in the swimming hall area. You must show your ability by swimming 25 meters without swimming aids.
2. If you are **NOT CAPABLE OF SWIMMING**, you are not allowed to use the big pool with **SWIMMING AIDS**.
3. **JUMPING** into the pool is only allowed in the designated areas.
4. **ALWAYS SHOWER THOROUGHLY** before the sauna and going into the pool area. Wash off all make up and wash your hair OR use a swimming cap. Long hair must be tied up. **WASH** and go to the **SAUNA** without your swimming suit.
5. **BODY HAIR REMOVAL, NAIL CUTTING, FOOT CARE AND HAIR COLORING OR CUTTING** etc. are not allowed on our premises.
6. **SWIMSUITS** must be clean and meant for swimming only. Long swimming shorts and briefs, and long-sleeved swimsuits are permitted. The use of **outdoor shoes or sandals** is not permitted in the shower or pool areas. Wash your swimsuit regularly.
7. **BABIES** may wear a **SWIMMING DIAPER**, but it is not mandatory. We recommend using a snug swimming suit. Staff **MUST** be informed of any **TOILET ACCIDENTS** requiring clean-up.
8. If you have any **CONTAGIOUS DISEASES** (including festering wounds), you are not permitted into the swimming hall.
9. It is not permissible to bring **BREAKABLE ITEMS**, or to **EAT** food, candy, or chewing gum in the pool or shower areas.
10. Rantakeidas will not take responsibility for damage caused to the **PROPERTY OF THE CUSTOMERS**.
11. **TAKING PHOTOS OR VIDEOS** in the pool area is only permitted if approved by the lifeguards. It is completely forbidden in the toilets, saunas, showers and changing rooms (criminal code, chapter 24 section 6).
12. The use of and being under the influence of **INTOXICANTS** is strictly forbidden on all the swimming hall premises.
13. If you have a **MEDICAL CONDITION** that might require **SPECIAL ASSISTANCE** from us, e.g., epilepsy, diabetes or cardiac problems, please let the lifeguards know.
14. In order to keep swimming hall safe and comfortable, **DO NOT RUN, MAKE UNNECESSARY NOISE** or disturb other customers.
15. **THESE RULES, THE INFORMATION IN THE POOL AREA AND ADVICE BY STAFF MUST BE OBEYED.** A person or entity that violates rules of order or other instructions may be ordered to leave and prohibited from using the sports venue for a specified period of time or indefinitely.

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