

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. If you are **NOT CAPABLE OF SWIMMING** you are not allowed to use the big pool with **SWIMMING AIDS**.
3. **JUMPING** to the pool is only allowed in the areas which are marked for jumping.
4. **ALWAYS TAKE A SHOWER** before sauna or pool, especially after working out in gym. Wash your make up, hair/or use a swimming cap. Wash and go to sauna without swimming suit.
5. **BODY HAIR REMOVAL, NAIL CUTTING, FOOT CARE AND HAIR COLORING OR CUTTING** etc. are not allowed in our premises.
6. **SWIMSUIT** must be clean and meant for swimming only, gym clothes are not meant for swimming. Outdoor shoes/sandals are not allowed in shower, pool area or in gym.
7. You can use **A SWIM DIAPER** for your baby, but they are not mandatory. We recommend a tight swimsuit for babies. Any **fecal damage** in the swimming pool should always be reported to the staff.
8. If you have a **SKIN INFECTION**, or you have **GLANDING WOUND**, you are not allowed to come to the swimming hall.
9. Do not eat **CHEWING GUM** at the pools. Do not take any **BREAKABLE ITEMS** to the pool areas.
10. The swimming hall is not responsible for any damage to **the customer's property**.
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. **USE OF ALCOHOL** or drugs is strictly forbidden in the swimming hall premises.
13. If you have **ILLNESS THAT MIGHT NEED SPECIAL HELP** from us, e.g. epilepsy or cardiac problems, let the lifeguard know.
14. In order to keep swimming hall safe and comfortable, **DO NOT RUN, MAKE UNNECESSARY NOISE** or disturb other customers.
15. **IN THE GYM** you must have indoor shoes, swimming suit is not meant for working out in gym. Minimum age in gym is 15 years.
16. **THESE RULES, INFORMATION IN 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 for further information.

Mikkeli 1.8.2025

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