



## The Lansdowne Club

**Please note, following the Council meeting held on 26<sup>th</sup> January 2016, the amendments stated below were made to the Club's Rules & Bye-Laws, effective as of 1<sup>st</sup> February 2016**

### **Bye-Law 23 Children, c) Sports Area.**

The Lansdowne Club welcomes children to use the swimming pool in non-peak times.

#### *Monday - Friday*

Children under 9 years

Not permitted

Children aged between 9 -15 years

09.00 to 11.30 and 14.30 to 17:00

#### *Weekends and Bank Holidays*

Children aged between 4 - 8 years

09.30 to 11.30

Children aged between 9 -15 years

09.00 to 16.00

Please also note:

- A maximum of two children per adult is permissible.
- Members are responsible for the behaviour of their children at all times. Excessive noise, disruptive behaviour or complaints will result in a member of staff asking the children to be removed from the pool.
- The club will not be responsible for any injuries arising to children. Members must keep children with them at all times.
- The pool is segregated into lanes. Children should be kept to the area designated by the sports staff.
- Inflatable toys are not permitted.
- Only children aged 16 and over are permitted to use the gym and steam room.
- The sports team may exercise discretion in relation to the age brackets detailed above based on the swimming ability of the individual child.
- Children above the age of 4 should normally make use of the appropriate gender changing room and be accompanied by an adult.
- Children aged 4-8 must be accompanied in the pool
- Adults must at least be at the poolside for children 9 years and above

### **Bye-Law 43 Sports Dress Code**

#### *Gym and Studio*

- Appropriate exercise clothing to be worn at all times e.g.: no jeans, shirts etc.
- Appropriate exercise footwear to be worn at all times e.g.: no dress shoes, heels, flip flops, sandals, bare feet etc.
- Only discreet team jerseys allowed within the basement area
- No caps or headwear (excluding headbands)
- Swimwear should be kept to the wet areas of the Sports Club (Poolside and Changing Rooms)

#### *Swimming Pool and Steam Room*

- Swim caps are recommended for use in the pool.
- Swimwear **MUST** be used within the Steam Room.

Lansdowne employees will be able to exercise judgment when enforcing the dress code.

**Tim Cagney**  
**Club Secretary and CEO**