
ALBANY LEISURE AND AQUATIC CENTRE: CENTRE RULES

The safety of the users of the Albany Leisure and Aquatic Centre is our number one priority. To assist us in creating a safe and welcoming environment, we ask all users to follow our Centre Rules.

General Centre Rules:

- Please respect our facility and the property of others.
- Children under the age of 10 are to be supervised by an adult (16 years and over) at all times.
- Albany Leisure and Aquatic Centre is not responsible for personal injury, theft, damage or loss of personal items.
- Please refrain from taking photos without the permission of Centre Management.
- Smoking is not permitted anywhere in the Centre.
- No glass is permitted anywhere in the Centre.
- Please use the correct space allocated for your activity.
- Please follow all directions from ALAC staff members.



Court Rules:

- Non marking soled shoes must be worn on the courts.
- Eating and drinking on the courts is not permitted.
- Swinging on the basketball backboards is prohibited.

Pool Rules:

- Children under the age of 5 must be within arm's reach of an adult at all times.
- A swimmers nappy must be worn by anyone who would usually wear a nappy.
- Please refrain from using talcum powder or essential oils in the change room shower cubicle.
- Please do not use shampoo while using the pool deck showers.
- Children over 5 years of the opposite sex are not permitted in gender specific change rooms. Family change rooms are available.
- Please obey the lane use signs and keep to the left of your lane unless overtaking.
- Pushing, play fighting, flips and bombies in the pool are not permitted.
- Please do not sit or lay on the lane ropes.
- Running on the pool deck is not permitted.
- Lifeguards reserve the right to deny access.

Pool Inflatable Rules:

- Children under 5 years and weak swimmers will not be allowed on the pool inflatable.
- Prior to use of pool inflatable, swimmers may be asked to complete an ability test conducted by a lifeguard.
- Party organisers or parents are responsible for supervising children who are excluded from the inflatable.

Spa Rules:

- All users must shower prior to using the spa.
- The spa is restricted to people aged 16 years.
- Patrons with heart conditions, high/abnormal blood pressure, diabetes or whom are pregnant should consult a physician before using the spa.
- Prolonged use of the spa may result in nausea, dizziness or fainting.
- Lifeguards reserve the right to deny access.

Steam Room Rules:

- All users must shower prior to using steam room.
- Steam room is restricted to people aged 16 years and above.
- Swimwear is required.
- No essential oils or sprays to be used whilst in steam room.
- Patrons with heart conditions, high/abnormal blood pressure, diabetes or whom are pregnant should consult a physician before using the steam room.
- Please sit on a towel whilst using the steam room.
- Prolonged use of the steam room may result in nausea, dizziness or fainting.
- Lifeguards reserve the right to deny access.

Waterslide Rules:

- Children under the age of 5 are not permitted on the waterslide.
- A maximum of 10 people on the stairwell at any one time.
- One person at a time – no tandems or chains.
- No head first sliding.
- Adults must lay down feet first.
- Do not stop in the flume.
- Once exiting the slide please move quickly from the splash pool.
- Patrons with heart conditions, neck or back issues or who are pregnant should NOT use the slide.
- Lifeguards reserve the right to deny access.

Gym and Group Fitness Rules:

- The ALAC Gym 24/7 access is restricted to patrons aged 18 years and over. Patrons aged 16-18 years are welcome during the staffed opening hours seven days a week.
- Appropriate enclosed footwear is mandatory. Shoes and socks must be worn at all times. No bare feet, open-toed sandals, work boots or hard soled shoes are permitted in the gym.
- All weights must be returned to their appropriate racks after use.
- Bags and other personal items are not to be left in the gym. Please use the lockers and pigeon holes provided.
- All liquid must be stored in a plastic/metal drinking container. Glass bottles as well as food items are not permitted in the gym.
- Patrons must always carry a sweat towel when using the gym.
- Patrons must wipe down machines, benches and cardio equipment after use.
- During peak hours (or while others are waiting) the time spent on a single piece of equipment must not exceed 30 minutes.
- Patrons must maintain adequate personal hygiene at all times.

A copy of these rules can be found on the ALAC website:

www.albanyleisurecentre.com.au

For more information, please contact us on 6820 3400 or alac@albany.wa.gov.au.

