

FACILITIES

The Aman Spa facilities are exclusively available to resident Connaught hotel guests, Aman Spa members and day guests who are booking treatments of 1h30 min or more. The access is for a duration of two hours before the treatment time and includes the usage of the swimming pool and steam room.

POOL

Open daily	7:00am - 9:00pm
Family friendly swimming hours:	
Mornings	9:00am - 11:00am
Afternoons	3:00pm - 5:00pm

Swimming Pool Regulations

Please be aware that there is not a permanent lifeguard in attendance in the pool area. This area is monitored by CCTV. For this reason we request that you abide by the Swimming Pool Safety Code to assure your safety. The following rules are also prominently displayed at the entrance to the pool.

The swimming pool is open to all guests subject to the following regulations:

- Guests must shower before and after using the pool.
- People under the influence of alcohol or drugs are not permitted to use the pool.
- Diving, running, jumping, pushing and rough play are not permitted in and around the pool area.
- Children under 16 years old must be supervised by a responsible adult (18 years or over) at all times.
- The maximum number of children under 16 years of age that one adult can supervise is three.
- Children using flotation devices (e.g. arm bands, rings) must be closely supervised, with the parent or guardian in the water with them at all times.
- Children of nappy-wearing age must wear swim pants at all times.
- No glass or crockery should be taken into pool areas.
- No outdoor footwear is allowed poolside. The Spa Team will provide you with slippers.
- Only approved swimwear is permitted:
 - Males: trunks or swimwear shorts
 - Females: swimming costume or bikini
 (Cut-off jeans and T-shirts are not permitted)
- Any person suffering from a known serious medical condition for example heart conditions, diabetes, epilepsy or respiratory problems, should seek medical guidance from a doctor before swimming. Any person volunteering such information should be closely monitored within the pool and the staff on duty should be made aware.
- Any person suffering from an open wound or sore, infected eyes, or discharge from the ears or nose, will be refused entry.

FITNESS CENTRE

Open daily for residents	24/7
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Fitness Centre Safety Code

- Please ensure sports shoes are worn at all times whilst using the fitness equipment.
- The safety cords must be worn whilst using the treadmills.
- Please report any medical condition that may put you at risk to a member of the Spa Team prior to using the equipment.
- The consumption of food from outside and alcohol is not permitted in Aman Spa.

Swimming Pool Safety Code

ALWAYS SWIM WITHIN YOUR ABILITY

Never swim after a heavy meal or after alcohol consumption. Avoid holding your breath and swimming long distances under water. Be especially careful if you have a medical condition such as epilepsy, asthma, diabetes or a heart condition.

CHECK NEW PLACES

Every pool is different, so always make sure you know how deep the water is (our pool's depth is 1.2m and therefore diving is strictly prohibited) and check for other hazards. We have a deck level pool thus slipping is possible and we recommend not to walk on the edge of the pool. Ensure you enter and exit the pool at the stairs.

TAKE SAFETY ADVICE

Follow advice provided for your safety and that of others. Avoid unruly behaviour that can be dangerous, such as running around the pool, ducking, acrobatics in the water, and shouting or screaming (which could distract attention from an emergency). Always do as the spa attendants say and remember that a moment of foolish behaviour can cost a life.

LOOK OUT FOR YOURSELF AND OTHERS

It is safer to swim with a companion. Keep an eye open for others, particularly young children and non-swimmers.

LEARN HOW TO HELP

If you see someone in difficulty, get help immediately. In an emergency, keep calm and do exactly as you are told.



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