

## Hi, and welcome to Vilanbadet in Skara!

As an adult, you can use the swimming pool and the fitness room here.

We would like to give you a few rules and practical information to make your visit easier.

- **Everyone going into the area must pay entrance, even young children.**
- If you come here with a child, you **MUST** watch over him/her the **WHOLE** time.
- Non-swimmers under 16 may only be in the pool if accompanied by an adult.
- A non-swimmer means anyone who is unable to swim 200m breast stroke and 50m backstroke.
- Take a towel and swimwear when you visit us. We do not rent out any swimwear.
- Only swimsuits in LYCRA are allowed; **cotton is banned** because it damages our system!
- No underpants/panties are allowed under your swimsuit.
- No outdoor shoes are allowed in the changing rooms or fitness room. Carry your shoes to and from the clothing locker.
- Before swimming in the pools, you **MUST** wash with soap and shampoo your hair.
- Very young children must have special swimming nappies that can be bought at the reception.
- You are not allowed to take photographs or film anyone in the changing rooms or swimming pools.
- Respect the lanes that are used for training. (usually lanes 1 and 2)
- You may only use the hot tub when the green light is on. Press the green button to start the bubbles. When the red light goes on you must leave the pool, because the water is then CLEANED.
- In the fitness room we use training clothes and INDOOR shoes.
- Only one person at a time may use the water slide. Wait until the green light comes on. Small children may sit in an adult's lap.
- Do not run in the swimming pool area - it can be very slippery on the floor!

Feel free to ask us for any other information.

We hope you enjoy your stay with us.

All the best,  
Vilanbadet in Skara  
0511-320 10

