



West Lexham Retreat Centre offers guests the opportunity to enjoy swimming in our outdoor pool and designated wild swimming areas. We strive to create a safe and enjoyable environment for all our guests, but please be aware that **no lifeguard is on duty**. Swimming is conducted at your own risk.

Swimming Pool Policy

Location:

- The swimming pool is located near the main retreat centre, easily accessible to all guests.

Opening Hours:

- The swimming pool is open daily from **8:00 AM to 8:00 PM**.

General Rules:

- 1. No Lifeguard on Duty:**
 - The pool is unsupervised. Swimmers are responsible for their own safety and the safety of those in their care.
- 2. Swim at Your Own Risk:**
 - All guests who use the pool do so at their own risk. West Lexham Retreat Centre is not liable for any injuries, accidents, or incidents that may occur while using the pool.
- 3. Children:**
 - Children under the age of 16 must be accompanied by an adult at all times.
- 4. Health and Safety:**
 - Do not swim if you are under the influence of alcohol or drugs.
 - Do not swim if you have any medical conditions that may impair your ability to swim safely.
 - Please shower before entering the pool to maintain water hygiene.
- 5. Pool Etiquette:**
 - No running, diving, or rough play in or around the pool area.
 - Glass containers are prohibited in the pool area.
 - Proper swimwear is required at all times.
- 6. Emergencies:**
 - In case of an emergency, call 999 and provide clear information about the nature of the emergency and the pool location.



- Ensure you are familiar with the location of the nearest phone or have a mobile phone on hand.
 - Follow any instructions given by emergency services.
- 7. Cleanliness and Maintenance:**
- Please dispose of any rubbish in the designated bins.
 - Report any issues with the pool or surrounding area to the host.
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Wild Swimming Policy

Location:

- Designated wild swimming areas are clearly marked on the retreat centre map. These areas are located within the natural water bodies on the premises.

General Rules:

- 1. No Lifeguard on Duty:**
 - Wild swimming areas are unsupervised. Swimmers are responsible for their own safety and the safety of those in their care.
- 2. Swim at Your Own Risk:**
 - All guests who choose to wild swim do so at their own risk. West Lexham Retreat Centre is not liable for any injuries, accidents, or incidents that may occur during wild swimming.
- 3. Wild Swimming Etiquette:**
 - Ensure you are familiar with the depth and current conditions of the water before entering.
 - Do not swim alone; always swim with a buddy.
 - Be mindful of wildlife and natural habitats. Do not disturb plants, animals, or the natural environment.
 - Enter and exit the water carefully, as natural terrain may be slippery or uneven.
- 4. Children:**
 - Children under the age of 16 must be accompanied by an adult at all times.
- 5. Health and Safety:**
 - Do not swim if you are under the influence of alcohol or drugs.
 - Do not swim if you have any medical conditions that may impair your ability to swim safely.
- 6. Emergencies:**



- Be aware of your surroundings and know the nearest emergency exit route.
- In case of an emergency, call 999 and provide clear information about the nature of the emergency and the pool location.
- Ensure you are familiar with the location of the nearest phone or have a mobile phone on hand.
- Follow any instructions given by emergency services.
- In case of an emergency, contact the host once you have called the emergency services.

7. Seasonal and Weather Conditions:

- Wild swimming is not recommended during adverse weather conditions or when water levels are high. Please check with the retreat centre staff if unsure about safety.

8. Respect for Others:

- Please be considerate of other guests who may also be enjoying the wild swimming areas. Keep noise to a minimum and share the space respectfully.

Disclaimer:

By using the swimming pool and/or participating in wild swimming, guests acknowledge and accept the inherent risks associated with these activities. West Lexham Retreat Centre does not assume any responsibility for injuries, accidents, or damages that may occur.

Contact Information:

For any concerns or in case of an emergency, please contact the host at 07927 658 501 or visit the main office.

Thank you for your cooperation and enjoy your time at West Lexham Retreat Centre.