

SPORTING CLUB OF SYDNEY ETIQUETTE

MEMBER'S ENTRY

- Member cards are not transferable and can only be used by the member. This is the card with your identification photo on it.
- Guest cards are transferrable and can be used by any person nominated by the member.
- Members are reminded they are responsible for the behaviour and actions of their guests.
- Club card holders will not be permitted access unless accompanied by the holder of a Member or Guest Card.
- All children above the age of 5 require a valid card or pass for entry.
- Children over 16-years of age, require identification to obtain a wrist band from Reception prior to entry. This is to indicate they are permitted to enter and use the club unsupervised.
- Please ensure you scan in and out with the same card every time you visit.
- Members are able to purchase additional day passes for guests from Reception.

CHILDREN'S ENTRY

- Children 5-years of age and above must have a valid card (guest or club card) to access the club. Children below 5-years of age may access with a parent or guardian. Where a card is not available, a junior day pass may be purchased from reception.
- Children under 16-years of age must be supervised by a parent or guardian in the club at all times and can only access the 25m pool, the 50m pool, squash courts and café.
- Children under 16-years are strictly not permitted in the gym spaces, hydrothermal areas, Day Spa, or left unsupervised in any areas of the club.
- Children 16-years of age and above must present valid identification to reception to obtain a wrist band to indicate they are permitted to enter and use the club unsupervised. Reception reserves the right to refuse access without valid identification.

GENERAL ETIQUETTE

- Please travel quietly throughout the hallways and be mindful of members/guests within the Day Spa and the Mind & Body Studio.
- Aggressive, abusive and rude behaviour towards staff and patrons will not be tolerated.

DRESS CODE

- Please ensure appropriate attire is worn in the Sporting Club at all times, including our aquatic areas. This includes when entering and exiting, moving around the club, throughout the hallways and at Azure Cafe.
- If you are travelling from the dry change rooms to the aquatics facilities, please ensure you are clothed and wearing footwear through the hallways - you are welcome to use an additional locker alongside the indoor pool to store these items whilst swimming.
- For your safety, footwear must be worn at all times while walking through the club. This includes to and from the change rooms to the pools.
- Appropriate activewear must be worn when using the gym facilities.
- Appropriate swimwear must be worn in aquatic and hydrothermal areas. Underwear is not appropriate.
- When accessing Azure Cafe while using the outdoor pool, we request that clothing or a towel is used for coverage for the comfort of cafe customers.

CHILD MINDING

- All usage must be pre-booked in advance.
- Cancellations within 12 hours of start time will not be refunded.
- All booking times must be strictly adhered to when dropping off and picking up your child.
- Children cannot attend the child minding if they have a temperature, cold sores, conjunctivitis, head lice or have had diarrhoea/vomiting in the past 24 hours.
- No food or drink other than water is permitted into the child-minding room.
- Parents are required to change their own child's nappy whilst their child is in the club.
- Personal belongings brought into the club (toys) are the responsibility of the family to take away.

VIRTUAL GOLF

- All use must be pre-booked in advance.
- All booking times must be strictly adhered to, and session times include setting up and packing away.
- Correct attire, particularly enclosed shoes and shirts, must be worn at all times.
- Only approved contractors and VNSW Staff are permitted to instruct or provide any form of coaching or instructing in the club.
- Children under 16 are permitted but must be supervised by an adult at all times.

CHANGE ROOMS

- When using the complimentary towels, please ensure you only take one per day.
- Usage of mobile phones to take photos or videos is not permitted in change areas.
- We request all children 5-years of age and above to use gender appropriate changerooms for the comfort of other members and guests. Where supervision is required, we request for you to use the family changerooms closest to the indoor pool.

DAY SPA

- Please ensure you arrive 15-minutes prior to your appointment time otherwise your treatment time may be reduced.
- We encourage the use of our hydrothermal facilities prior to treatment. The use of hot and cold therapy offered at the Sporting Club of Sydney holds a range of benefits including stress management, muscle recovery, and skin permeability. Please shower both before and after using these facilities.
- Please DO NOT enter the hydrothermal facilities after having spa products such as massage oil/facial products applied. This may cause a reaction for those with sensitive skin and can cause unwanted oil residue within Aqua facilities.

SQUASH COURTS

- All use must be pre-booked in advance.
- All booking times must be strictly adhered to and session times include setting up and packing away.
- Correct attire, particularly enclosed shoes with white soles and shirts, must be worn at all times.
- Only approved contractors and VNSW Staff are permitted to instruct or provide any form of coaching or instructing in the club.
- Children under 16 are permitted and must be supervised by an adult at all times.

MAIN GYM AND CARDIO GYM

- Please ask Sporting Club of Sydney staff for correct technique and advice on equipment.
- Replace all equipment to its correct rack and storage area after use.
- Share equipment by allowing others to “work in” with you between sets. i.e. please do not sit on the equipment while you are resting between sets, or reserve the machines using your belongings.
- Please limit the use of phones during peak times to reduce waiting times for equipment.
- Gym towels must be used at all times and equipment must be wiped down after use.
- Correct gym attire, particularly enclosed shoes and shirts must be worn at all times.
- Only approved contractors and Venues NSW Staff are permitted to instruct or provide any form of exercise program, service or coaching in the club.
- Children under 16 are not permitted in the gym areas.

HYDROTHERMAL - SAUNAS, STEAM ROOM, HOT SPA AND COLD PLUNGE POOL

- Children under 16-years are not permitted in the hydrothermal areas.
- Members are required to shower before using the spa and cold plunge pool, and again in between alternating from the pools to the saunas or steam room.
- The infrared sauna is by appointment only, bookings can be made at Reception or through Mindbody. Please ensure you enter the sauna dry, and lean against the panels to receive the full benefit of the infrared sauna.
- Please do not place towels at the base of the sauna door. This is a trip hazard and is unsafe for required airflow.
- Please ensure appropriate swimwear with adequate coverage is worn. Underwear or activewear is not acceptable.
- Seek medical advice if you are concerned about your health. This includes if you are pregnant, have a heart condition, are affected by drugs or alcohol, or any other contraindications.

Infrared sauna

- Bookings essential. Maximum of 4 people per booking.
- Sessions start on the hour for 45 minutes.
- You must be dry prior to use. Towel usage compulsory.
- Lean against black panelling for optimal results
- Please do not disturb while in use

Traditional Sauna

- Please limit use to maximum of 15 minutes.
- Please shower before and after use.
- Do not block air gap under door.
- Appropriate swimwear must be worn.
- Towel usage is compulsory.
- Please only place water on to rocks.
- Do not use essential oils or other products.

Steam Room

- Please limit use to maximum of 15 minutes.
- Please shower before and after use.
- Appropriate swimwear must be worn.
- Towel usage is compulsory.
- Do not use essential oils or other products.

INDOOR AND OUTDOOR POOL

- Please ensure you consider the safety of yourself and other patrons in the pool areas.
- Please shower both before and after use of the pool.
- Please adhere to the lane usage system and stick to designated use. E.g. no swimming in walking lanes.
- Correct swimwear must be worn at all times.
- Only approved contractors and VNSW Staff are permitted to instruct or provide any form of coaching or instructing in the club.
- Children under 16 must be actively supervised by a parent or guardian. Children must be supervised as per the following guidelines:
 - 0 years up to 5 years old: within arm's reach of parent in the water.
 - 5 years up to 10 years old: parents maintain constant visual contact and are prepared to act if necessary.
 - 10 years up to 16 years old: parents must maintain visual contact at all times.
- No running or bombing.
- No diving in undesignated areas.

CABANAS

- Cabanas can be used on a first-come-first-served basis.
- Cabanas can be used for a maximum of 90-minutes per day.

BIKE RACKS

- Bike racks are available to use during club operational hours.
- When using the Bike Rack storage area, you accept the Terms & Conditions as displayed.
- Please note, members are required to bring their own bike locks.