



## Keeping everyone safe

	0-7 Years	8-10 Years
<b>Gym floor</b>	N/A	Scheduled classes only under the supervision of the Fitness Team.
<b>Swimming pool</b>	Children must be accompanied by an adult. A maximum of two children per adult. We recommend one-to-one supervision of a child under four who does not have a buoyancy aid.	Adult supervision from the poolside is required, unless the child has completed a water competency assessment (N Stars swim test).
<b>Studio</b>	Supervised Junior or parent/guardian and child session.	Supervised Junior or parent/guardian and child session.
<b>Crèche</b>	Available at an additional charge.	N/A
<b>Café</b>	Children must be accompanied by an adult at all times.	Children are allowed in the café alone* but a parent or guardian must be on site at all times.**
<b>Guardianship</b>	A guardian is required to be on the premises at all times.	A guardian is required to be on the premises at all times.
<b>Access hours</b>	Children are welcome during specific Junior hours. Please speak to reception to find out more.	Children are welcome during specific Junior hours. Please speak to reception to find out more.

When you visit a Nuffield Health centre with your family, we want to make sure everyone has a good time – and a big part of that is making sure all children (and adults) know the rules regarding safety.

**We've put together the following at-a-glance guide for you.**

11-12 Years	13+ Years
Under adult supervision, following an induction with the Fitness Team that outlines the equipment suitable to use.	Unsupervised access is permitted-following an induction with the Fitness Team that outlines the equipment suitable to use.
Adult supervision from the poolside is required, unless the child has completed a water competency assessment (N Stars swim test).	Adult supervision from the poolside is required, unless the child has completed a water competency assessment (N Stars swim test).
Supervised Junior or parent/guardian and child session.	Supervised Junior or parent/guardian and child session.
N/A	N/A
Children are allowed in the café alone* but a parent or guardian must be on site at all times.**	Children are allowed in the café alone and a parent or guardian does not need to be on-site*.
A guardian is required to be on the premises at all times.	Parent/guardian does not need to be on-site*.
Children are welcome during specific Junior hours. Please speak to reception to find out more.	Children are welcome during specific Junior hours. Please speak to reception to find out more.

\*A Code of Conduct is required before children can be left unsupervised.

\*\*Scottish sites require children to be accompanied by an adult at all times if the café serves alcohol due to Scottish licensing laws.