

Applicable at all swimming facilities at The Heights and Medina

1. Purpose

This policy ensures a safe, hygienic, inclusive, and comfortable swimming environment for all customers.

2. Acceptable Swimwear

For hygiene and safety, all swimwear must be made from Lycra, Polyester, Nylon, or another material specifically designed for use in chlorinated pools. Swimwear should be lightweight, close-fitting and not become heavy or restrictive when wet.

Permitted swimwear includes:

- One-piece swimsuits, bikinis, tankinis, swim dresses
- Swim trunks, swimming shorts, knee-length board shorts
- Rash vests, fitted t-shirts, fitted leggings (made from swim-appropriate materials)
- Modesty swimwear such as burkinis and full-body swimsuits
- Approved medical swimwear, such as dry suits for PICC lines or medical dressings worn under a fitted rash vest
- Swim nappies for all non-toilet-trained children

3. Inappropriate Swimwear

Swimwear that compromises hygiene, safety, or water quality is not permitted.

Not permitted:

- Underwear
- Street clothes, including denim, cotton items, heavy or loose garments, skirts, and baggy t-shirts
- Transparent or revealing garments, thongs, or clothing with offensive or inappropriate imagery
- Clothing with metal parts (zips, buttons, buckles) or accessories that could cause injury or damage
- Non-swim fabrics such as cotton leggings, which absorb water, degrade in chemicals, and can impair filtration systems

4. Cultural, Medical, or Religious Requirements

We welcome swimwear worn for religious, cultural or medical reasons, provided it is made from safe, swim-appropriate materials and does not increase drag or pose safety risks.

If you require guidance or accommodation, please speak to a Duty Manager.

5. Equipment & Accessories

Snorkels, facemasks, hand paddles, and fins must not be used during public swimming sessions, except in designated Swim for Fitness sessions. For safety reasons, glass goggles or glass-based masks are not permitted at any time. Jewellery should be removed wherever possible for safety.

6. Footwear

Outdoor footwear is not permitted on poolside

Pool shoes or pool socks may be worn for medical reasons—please speak to staff before entering the pool.

7. Hygiene Requirements

To help maintain excellent water quality:

- Shower before entering the pool
- Do not swim if you have experienced vomiting or diarrhoea in the past 48 hours (or 14 days if medically confirmed cryptosporidium)
- Do not swim if you have open sores, infections, or if you are under the influence of alcohol or drugs.

8. Compliance & Discretion

1Leisure reserves the right to determine the suitability of all swimwear to ensure customer safety and maintain hygiene standards.

Staff may request that customers change or use alternative attire if their clothing does not meet the requirements of this policy.

9. Summary

This policy exists to protect:

- Hygiene: Only swim-appropriate fabrics allowed
- Safety: No loose, heavy or accessorised clothing
- Inclusion: Modest, cultural and medical swimwear welcomed
- Comfort: A safe and enjoyable experience for all customers