

# LAKE RULES



BICESTER HOTEL  
golf and spa  
★★★★

- **SWIMMERS MUST BE AGED 10 OR ABOVE.**
- **10-15 YEAR OLDS MUST HAVE AN ADULT ON SITE.**
- **ALL SWIMMERS MUST REPORT TO RECEPTION, SIGN IN AND FILL OUT A WAIVER FORM.**
- **SWIMMERS MUST BE CONFIDENT AND COMPETENT AT SWIMMING 200M.**
- **IT IS COMPULSORY TO WEAR A BRIGHT SWIM CAP AND TOW FLOAT.**
- **STRICTLY NO JUMPING OR DIVING.**
- **IF YOU GET INTO DIFFICULTY ROLL ONTO YOUR BACK AND WAVE YOUR HANDS IN THE AIR.**
- **IN THE CASE OF AN EMERGENCY A LOAD HORN WILL SOUND, IN THIS EVENT SWIM TO YOUR NEAREST EMERGENCY EXIT.**
- **SWIM IN A CLOCKWISE DIRECTION.**
- **SIGN OUT AFTER YOUR SWIM.**

# ASSAULT COURSE RULES

- **NO UNDER 12S ON THE ASSAULT COURSE.**
- **REPORT TO RECEPTION TO SIGN IN AND COMPLETE A WAIVER FORM.**
- **ASSAULT COURSE MAY BE SLIPPERY WHEN WET.**
- **WEAR APPROPRIATE FOOTWEAR TO AVOID SPLINTERS.**
- **SIGN OUT.**