

circumstances the member will be asked to obtain, at his/her own expense, the required written information from their general practitioner.

If the member is unable to use the facilities on medical grounds, a letter from the members general practitioner may be requested before any refund of fees can be considered.

The exercise programme is designed to gradually increase the workload of the member's cardio respiratory system and the reaction of the member's cardio respiratory system cannot be predicted with complete accuracy. The member must accept that there is a risk that adverse affects may be experienced before, during or after participation in the exercise programme including abnormalities of heart rate and or blood pressure.

LOUDOUN MAINS COUNTRY CLUB GENERAL CONDITIONS OF MEMBERSHIP AND RULES AND REGULATION

Membership entitles an individual to use the club's facilities subject to the conditions of their chosen membership category, certain tariff charges and availability. The tariff charges are additional to the joining fees and subscription fees and a current list of these charges can be obtained from the club reception. The applicant is asked to read and consider carefully all of what follows prior to signing the membership agreement. In signing the agreement the applicant accepts the contents completely and agrees to be bound by them and has taken all such independent advice on the contents as he/she wants.

Membership Agreement

The facilities mean the health and leisure club which is annexed to Loudoun Mains Country Cottages which include a combination but not exclusively: Swimming pool, Sauna, rest room, Cardiovascular gymnasium, Resistance Gymnasium, changing rooms, pool viewing area/lounge and reception areas.

The Club means Loudoun Mains Country Club Ltd and or its representatives and incorporates the facilities detailed above.

Members of the Club are bound, as conditions of membership, to comply with the rules set out below.

Memberships must be applied for in writing by completing the application form with all required information and Loudoun Mains Country Club Ltd reserve the right to refuse any application or renewal of membership, or indeed revoke a membership without the need to provide a reason.

The rules have been drawn up for the benefit of all Club members to ensure the facilities are properly and safely used thereby allowing members to take full advantage of the clubs facilities without interfering with the enjoyment of others. It is expected that all Club members respect both the facilities and others around them at all times; any complaints against other Club members will be taken seriously. The management reserve the right to revoke any members membership without refund should they be deemed to be unsuitable for the Club.

Liability

Each member, resident or guest using the club is responsible for ensuring that he or she is properly equipped and that his or her state of health is such as not to involve any risk to him/herself nor to any other persons making use of the Club. The management can only give appropriate guidance to club users if the information given is entirely truthful.

Loudoun Mains Country Club Ltd accepts no liability for injury, accident or misadventure to any person using the Club and members are advised to make their own arrangements regarding insurance in respect of injuries suffered by them or caused by them to any third party.

Loudoun Mains Country Club Ltd cannot accept any responsibility for loss or damage to property belonging to a member or a guest while it is on the premises or placed in a locker.

Loudoun Mains country Club Ltd cannot guarantee parking availability for Club members and does not accept any responsibility for loss or damage to vehicles and their contents parked on or near Loudoun Mains, we do however request that all members park in the car park provided and not in the disabled area in front of the Club.

Animals

With the exception of guide dogs, animals are not allowed in the Club at any time.

Smoking

For reasons of health and the pursuit of fitness, smoking is not permitted in the Club.

Guest Passes

Members may introduce guests on the payment of the appropriate daily charge listed at reception. Each member may introduce a maximum of two guests on any one visit, subject to availability. No individual guest may be introduced more than six (6) times per annum.

All guests must be signed in without exception. Members are responsible for ensuring their guests observe the code of conduct and rules of the Club. Guests are only allowed in the Club when accompanied by a member. Failure to declare a guest or pay the necessary shall entitle Loudoun Mains Country Club Ltd to terminate the membership. In the event that a guest of a member is required to leave the Club due to non-compliance with the Club rules there will be no refund of guest fee.

All Members will be issued with six (6) free guest passes on joining the Club and subsequently another 6 each year. Please note any unused passes cannot be carried forward to the next year.

Log Burning Fire

In the interest of safety for all no member shall be permitted to stoke or fuel the log burning stove and any injury sustained in attempting to do so shall be deemed to be the fault of the member, and no liability whatsoever shall be accepted by Loudoun Mains Country Club.

Alcohol/Drinks

Members are advised that alcohol should not be consumed before using the Clubs facilities. Refreshments may be purchased in the Club lounge or at reception. No beverages other than water in plastic water containers are permitted in any part of the Club except the Club Lounge. Absolutely without exception no glass containers will be allowed in the pool room.

Cottage Guests

Guests staying at Loudoun Mains Country Cottages will be permitted to use the facilities as temporary members during their stay at Loudoun Mains and will be asked to join the club paying a nominal fee for the use of the facilities.

Cottage Discounts

A members and immediate family discount is available to any member of the Club wishing to stay at Loudoun Mains Country Cottages, details are available from reception, or by request in writing to Loudoun Mains Country Cottages, Newmilns, Ayrshire, KA16 9LG.

Membership Categories

Categories have been designed to accommodate Club Members requirements and recognise the need for the greatest flexibility.

Full members will usually have access to the club facilities seven days per week for the duration of the Clubs opening hours, which are available from the club reception. Loudoun Mains Country Club Ltd reserve the right to amend or alter admission/opening times without notice, but will endeavour, where possible, to display any changes on the club notice board or at the club reception in advance.

Single Membership- Provided for individuals aged 16 years and over.

Joint (Spouse) Membership- Married partner of a club member in the single category or partner staying at the same address.

Family Membership-Based on 2 adults and 2 children.

Child/Student - 16 years of age and under and added to the club subscription of a parent who is a club member or in full time education. Note no children are permitted to use the Club after 7pm.

Off Peak Membership- Provided to both single and spouse members who require to use the club during the day Mon-Fri.

Senior Citizen Membership- Provided to senior citizens (proof required). All the benefits of full membership apply.

Corporate Membership- Provided to six or more people who work for the same company.

Payment

Loudoun Mains Country Club offer two payment methods; Paying yearly in Advance and by monthly Standing Order from your bank account.

Paying Yearly in Advance

Should a member choose to pay the 1 years subscription in advance, then they are not permitted to amend their chosen category of membership during that period. Refunds are not given once the annual payment has been made.

Paying monthly by Standing Order

Your appropriate monthly rate, depending on the category you have chosen, will be debited from your account on the nominated day of each month. Membership of the Club will commence on the day that the Standing Order confirmation is issued by the member's bank. (Please note that if your payment is refused/rejected then a £10.00 administration fee will be levied, if subsequent payments are refused/rejected then Loudoun Mains Country Club reserves the right to terminate Club membership outright with no refund of joining fee.) The standing order is for a minimum period of 12 months and should not be signed and authorised unless the new members are completely agreeable to this.

Membership Lapses

If membership lapses for more than six months then a new joining fee will have to be paid based on the current fee at time of rejoining.

Use of Facilities

Changing Rooms

Keys for lockers are kept in the lockers.

Members are entitled to one towel on any one-day that they visit the club. Any additional towels will be charged for as notified at the club reception. Towels must be returned to the reception immediately after use, and must not be removed from the premises.

Lockers are for the sole use of club members when visiting the club and must be emptied when leaving the club. Staff will empty all lockers when locking up and any contents placed in lost property for 7 days. A charge will be levied for any locker keys or towels not returned on leaving the club.

Members or guests using the sauna or swimming pool are requested to towel dry before entering corridors to prevent accidents.

Hygiene

It is generally accepted that Club members will be responsible in their approach to hygiene in all areas of the Club; this should include wiping down all equipment after use using the towels and disinfectants provided, wearing appropriate clothing in the gym i.e., a tee shirt and training shoes should be worn at all times. When using the sauna, spa or pool a full hot shower should be taken before use. If using the sauna before swimming please shower before using the pool. We strongly recommend that indoor flip flop type sandals be worn on the pool side by all users of the poolroom; no outdoor shoes should be worn in the poolroom at any time.

Swimming Pool

Members and guests are responsible for their own safety and should note that running; jumping and diving in the pool area are not permitted it is especially important that courteousness be demonstrated to others when using the swimming pool. Pool depth measurements are displayed in the pool hall. In the interest of safety no child under 16 is allowed in the poolroom without the specific accompaniment of an adult member in the poolroom. Swimming lessons are taught during the following times and consequently the pool is out of bounds during these periods. Monday 1.30pm -5.00pm, Tuesday 3.30pm-5.00pm, Wednesday 3.30pm-5.00pm, Thursday-no lessons, Friday 3.30pm-5pm, Saturday 8am- 12pm, Sunday 9am-12pm. As a concession to members no children are permitted to use the Club after 7pm.

Sauna

The notice at the entrance of the sauna room contains special instructions on how to use the sauna and should be read and understood before attempting to use the sauna. For hygiene reasons a towel should be sat on at all times when in the sauna and if using the sauna without swimwear then a towel should be worn without exception. No person under 16 is allowed to use the sauna at any time.

Gymnasium/Physical Activity

Members and guests are responsible for monitoring their own physical condition throughout any activity undertaken at the club and should any unusual symptoms occur they must immediately refrain from the activity and notify a member of staff.

The member accepts that they enter into any activity at the club entirely at their own risk. The member further accepts that Loudoun Mains Country Club shall have no liability whatsoever for any loss or damages suffered by a member as a result of using the Club facilities.

The member will comply with all the rules relating to the use of the gymnasium, swimming pool and other facilities, copies of which can be obtained from the club reception.

For safety reasons the gym must be kept dry and therefore entering the area when wearing wet clothes is not allowed.

Health and Fitness Programme

All new members are strongly advised to make an appointment with the club gym instructor in order that a physical assessment can be carried out and a suitable and safe exercise programme subsequently prescribed.

The purpose of the exercise programme is to develop and maintain cardio and respiratory fitness, body composition, flexibility, muscular strength and endurance. A specific exercise programme will be given to the member based on the information given by the member, in reply to an exercise and health questionnaire supplied at the time of the assessment and it is the sole responsibility of the member to ensure that any information provided by him/her is accurate and not misleading.

The member must immediately inform the Club of any subsequent change to the information originally supplied on the health questionnaire.

In certain circumstances the Club staff may require additional medical information from the member's general practitioner in order that the correct and safe exercise programme can be prescribed. In these

