



**Cuisle Holiday Centre  
Donamon,  
Co Roscommon.**

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**Guest Booking Form**

**Personal Details**

Name \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_ Male  Female

\_\_\_\_\_  
\_\_\_\_\_

Tel Home \_\_\_\_\_ Mobile \_\_\_\_\_

Nature of disability \_\_\_\_\_  
\_\_\_\_\_

G.P. \_\_\_\_\_ Medical Card No. \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Telephone Number \_\_\_\_\_

Emergency Contact, Name \_\_\_\_\_

Address \_\_\_\_\_

Phone no: \_\_\_\_\_



# Cuisle Holiday Centre

## **Guidelines for Guests using Spa Pool and Sauna**

**We recommend that you do not use the Sauna or Spa Pool if you are**

- Pregnant
- Suffer from heart disease or circulatory problems, high or low blood pressure, or from any condition which may affect your reaction to heat.
- Are suffering from infectious skin diseases, sores or wounds
- Are suffering from an illness causing an inability to perspire (sauna only)
- Are taking anti-coagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics or tranquillisers or any other medication whatsoever which makes you unsure as to the advisability of using saunas or spa pools.
- Have had a heavy meal within one and a half hours.
- Have consumed alcohol within one and a half hours.
- Have recently exercised. Time should be allowed to enable body temperature to return to normal levels (sauna only)
- Suffer from any condition whatsoever which makes you unsure as to the advisability of using a sauna.

## **Operating guidelines for uses of Spa Pool and Sauna**

- Guests under 18 years are not permitted to use the facilities
- A staff member will be on duty at all times when the leisure suite is open.
- All guests must have a consent form signed by their G.P. before using the facilities.
- All guests must sign Cuisle's consent form before using the facilities
- Swimwear must be worn at all times.
- Footwear must be worn at all times.

## **How to use the Sauna & Spa Pool safely**

- Try not to use the sauna or spa pool alone. If possible bring a friend and always ensure a member of staff knows you are in the sauna or spa pool.
- Do not take breakable cups or glass into the sauna or spa pool.
- Undress and place belongings in a locker or other secure place.
- Remove any make-up and take a thorough shower.



## **Sauna**

- Use a towel to sit or lie on.
- Enter the sauna cabin and sit or lie on a bench or platform at a height which is comfortable.
- Relax for 8 to 10 minutes in the dry heat. This will raise the body temperature and the perspiration will clean the pores of the skin.
- Leave the sauna and immediately take a cold shower.
- Return to the sauna for a further 5 to 10 minutes.
- Pour one to two ladles of water onto the rocks to produce steam and add more to the rocks at intervals. Stand arms length away as rising steam can cause burns/scalds. Ask for staff assistance if required.
- The hot/cold cycle can be repeated as often as comfort allows. Too long an exposure may result in nausea, dizziness or fainting.
- When you are ready to complete the sauna session, leave the sauna and take a final shower.
- Relax for 15 to 20 minutes, or until the body temperature has returned to near normal before dressing.
- During sauna bathing, drink plenty of fluids to replace those lost during perspiration, but avoid alcohol.
- If at any time in the sauna any feelings of illness are experienced. Leave the sauna immediately and consult with staff or seek medical advice if necessary.

## **Spa Pool**

- Identify the correct entry point to the spa pool, as when the water is turbulent, it may not be possible to see the steps
- Enter the spa with care , if possible sitting down on the side of the spa pool to do so
- Bathe for 12 to 20 minutes in the spa pool or less if it is not comfortable or in accordance with the time sequence of the pool operation
- Leave the spa pool with care, use the steps provided or sit on the side of the pool before standing
- Relax for between 10 and 20 minutes before returning to the spa pool
- Repeat the process as often as comfort allows. Too long an exposure may result in nausea, dizziness or fainting
- On completing the bathing cycle, leave the spa pool and enjoy a warm shower and relax, have a soft drink
- If at any time in the spa pool any feelings of illness are experienced leave the spa pool immediately and consult with staff or seek medical advice if necessary.



## Cuisle Holiday Centre Leisure Suite Consent Form

**Consent Form to be completed by your G.P. (part A) and by You (part B), If you would like to use Cuisle Leisure Facilities e.g. Spa Pool and Sauna.**

**A.  
The Cuisle Leisure Facilities are suitable for this guest.**

**Signed:** \_\_\_\_\_ (G.P.)

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Date:** \_\_\_\_\_

**Part B to be completed by guest**

**B.**

I confirm that I have read and agree to abide by Cuisle's Leisure Suite Guidelines. I am aware of the associated risks.

I understand that Cuisle Holiday Centre accepts no responsibility whatsoever for any injuries/damage sustained in respect of the use of the Leisure Facilities.

I confirm that I have read, understood and agree with contents of this consent form in its entirety.

**Signed:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Date:** \_\_\_\_\_

**(Guests under 18 years of age not permitted to use facilities)**