

Hamdan bin Mohammed bin Rashid Sports Complex

Terms and Conditions

1. Payment must be received by the Administrator of Hamdan Sports Complex before the training.
2. Public applies for people aged 18 years old and above.
3. The appreciate doctor's certificate (from the General Practice doctor) must be presented to the Hamdan Sports Complex administration before the using of the Sports Complex facilities (swimming pool, GYM, sauna) at the first time and updated it every year. Doctor's certificate stating you are well enough to exercise in our sports complex:
 - All individuals with a serious medical condition should be accompanied in the water with another individual knowledgeable of their condition
4. Swimming Pool participants are required to wear swim caps (if the swimmer has the long hair) and abide by all pool safety rules and regulations displayed in the pool area:
 - Get changed in the changing rooms
 - In the interest of hygiene all swimmers must shower before swim
 - Children under the age of 10 (applies for schools, clubs and teams) must be directly supervised by his / her coach or sports complex lifeguard at all times
 - Running, pushing, wrestling, or causing undue disturbance in or about the pool area will not be tolerated
 - No one will be allowed to walk on the pool deck except swimming club / schools / teams coaches, sports complex lifeguards and sports complex staff
 - No glass containers or food of any kind are allowed in the pool area
 - Ball games are not permitted in the pool area (unless part of an organized activity)
 - Proper swimming attire must be worn in the pool (NO shorts, NO t-shirts)
 - Suitable pool shoes or shoe covers must be worn in and around the pool area at all times
 - Prams and buggies are not permitted in the gym or pool area
 - All Venue Staff and the Lifeguards' instructions must be followed at all times
5. Smoking is not permitted anywhere in the facilities
6. Leave valuables at home. The venue is not responsible for personal property or valuables at any time. Lost & Found will be disposed of weekly. Mini lockers are available at the pools
7. Food is NOT permitted in locker rooms and the pool area
8. Please select your level of the swimming:
 - I can swim with the low speed _____
 - I am the triathlon athlete _____
 - I am nonprofessional swimmer _____
 - I am the professional swimmer _____

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I, _____, have read and agreed to the following Terms and Conditions.

Signature: _____

Date: _____

I, _____, the undersigned, acknowledge that I have full responsibility of my safety while using any of the Hamdan Sports Complex swimming pools and I agree to this Release of all claims, Waiver of Liability and Assumption of Risk.

Signature: _____

Date: _____

مجمع حمدان بن محمد بن راشد الرياضي
HAMDAN BIN MOHAMMED BIN RASHID SPORTS COMPLEX

Hamdan bin Mohammed bin Rashid Sports Complex

Dubai, UAE

P. O. Box 66677