

**Our aim is to keep the changing rooms and toilets clean for the use of all our members and guests. However, to do this we need your help as a member and ask that you follow these guidelines.**

## **Tidy Up**

When you have finished using the changing rooms and toilets, please throw away any rubbish found, and wipe away any mess made.

## **Returns**

If you have used club clothing, please return it to the clothing locker, and take back any cups and mugs found back up to the galley.

## **Hygiene**

Please, wash your hands to prevent the spread of germs and infectious diseases.

## **Flush**

Please check to make sure all waste has gone, and that the toilet is ready for the next person using the toilet brushes provided.

## **Do Not**

Wipes, hygiene products, blue roll, or anything other than expected should not be put down the toilet and request that you use the waste or sanitary bins provided.

## **Supplies**

If any supplies have run out, please inform the Chief Duty Officer (CDO) or club official at your earliest opportunity, and if you feel uncomfortable to ask, please leave a note at the end of the bar so that it can be actioned.