

At Sutherland Swimming Pool Complex we aim to be as inclusive as possible, therefore this page has been specifically created to offer information and advice to customers who may find having knowledge of our changing and showering facilities of benefit before visiting the centre.

We are delighted to be recognised by the Changing Places campaign

Changing Places are different to standard disabled toilets with extra features and more space to meet the needs of any customer.

Sutherland Swimming Pool have provided specific changing areas for our customers who might need more assistance than others to get changed

Within the areas we have provided

a height adjustable adult-sized changing bench

a tracking hoist system

a twin set off showers

adequate space in the changing area for the disabled person and up to two carers

a centrally placed toilet with room either side for the carers

a large waste bin for disposable pads

The changing place area is located in the communal changing area within the wetside of the facility leading directly on to the poolside.

**Wetside Changing** – swimming pools and health suite (sauna, steam,):

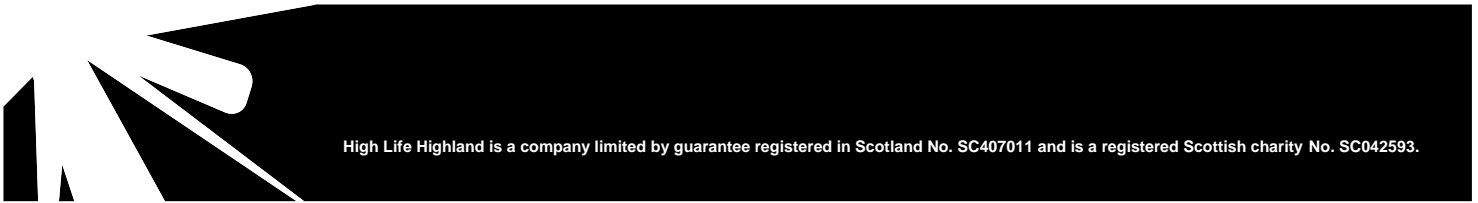
Customer changing facilities for the pool and health suite are of a modern 'changing village' layout with no gender specific areas. The set-up means that pool and health suite users can access individual private cubicles for changing before and after bathing.

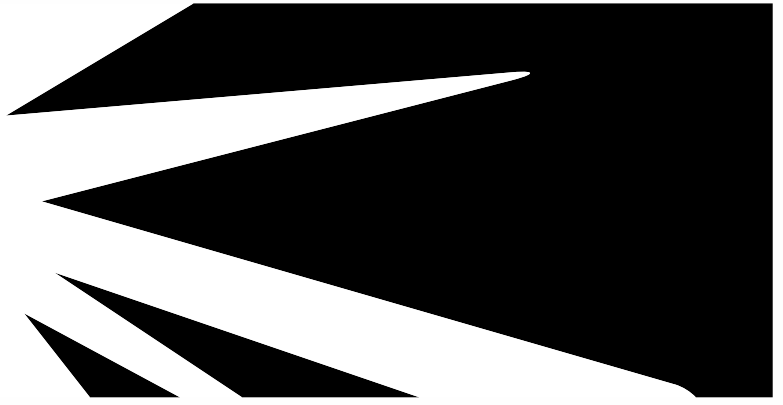
In the main, showering facilities in the wetside are of a communal nature simply offering customers a 'rinse down' and where swimwear should still be worn. Male and female private showering is available

Lockers are located throughout the Changing Village and operate on a returned 50p deposit.

**Charges for changing & showering**

The showering and changing facilities are obviously free when taken along with one of the activities offered at Sutherland Swimming Pool however charges apply for individuals and non-members wishing to use the facility solely for changing/showering





### **Further pre-visit information**

We hope the details on this page of the website offers sufficient information to customers looking to find out about Sutherland Swimming Pool Complex changing and showering facilities. However, if any customer requires additional information or would like to have a tour around the whole facility including the changing/showering areas before visiting, this can be arranged by calling 01408 633437 and asking to speak to the Supervisor.