

Appendix to the Deliberation

INTERNAL REGULATIONS

**Sports centre and beach
La Plaine Tonique**

The purpose of these rules is to set out:

- Conditions for enrolment in activities organised by the Maison des Sports
- Conditions for the use of equipment
- Safety and hygiene measures to be observed for the smooth running of the Maison des Sports, the beach and the safety of users.
- Rules and regulations for the beach

It applies in addition to the laws and regulations in force and to any special provisions that the administrative authority may adopt at any time, taking account of the circumstances.

As a general rule, persons admitted to the Maison des sports and the beach must obey the orders given by the manager of the Maison des sports and the beach or one of his representatives.

SECTION I - GENERAL CONDITIONS OF ACCESS

- Article 1:** For schools and groups, the Maison des Sports is open from April to October by prior arrangement. For individuals, the Maison des Sports is open from May to mid-September. Opening days and times are available at www.laplainetonique.com. The Maison des Sports may close in the event of adverse weather conditions.
- Article 2:** The beach is supervised at the times and during the periods set out in the decision approving the current tariffs.
- Article 3:** Access to the Maison des Sports and the beach is forbidden to anyone who is drunk, agitated or under the influence of drugs.
- Article 4:** Access to the equipment at the Maison des Sports is restricted to persons authorised to use the site and who have paid the entry fees.
- Article 5:** All activities are billed by the attendants on presentation of tickets.
- Article 6:** For all equipment hire requiring a deposit, this guarantee is requested from the customer in accordance with the General Terms and Conditions of Sale in force.
- Article 7:** Equipment hire is suspended one hour before the Maison des Sports closes.
- Article 8:** Any damage will be billed for the amount of the loss.

SECTION II - SPECIAL FEATURES - ACCESS FOR SCHOOLS AND GROUPS

- Article 1: Booking**
Schools and groups from outside the area must first book the activities at the Maison des Sports and the beach at the campsite reception, then complete the Activity Booking Form (BRA) in accordance with the General Terms and Conditions in force.
- Article 2: List of participants**
Supervisors must be able to provide a list of the participants they are supervising at any time.
- Article 3: Swimming test**
All supervised groups (schools, non-accommodated leisure centres, associations, etc.) must take a swimming test for water sports activities known as the "Pass nautique" (formerly known as the "aquatic fluency test") in accordance with the Order of 28 February 2022.
- Article 4: Liability**
Groups entering the establishment remain under the full responsibility of their supervisors. The staff of the Maison des sports et de la plage can under no circumstances be held responsible for the actions of individuals in a group, such as loss or theft... No recourse may be taken against the community for items lost in the Establishment.

Activities booked by the group (the organising structure: club, etc.) are accepted de facto by all participants, who may under no circumstances claim against the Communauté d'Agglomération du Bassin de Bourg en Bresse or the Maison des Sports instructor for any damage or injury inherent in the potentially risky practices of the activity. It is the responsibility of the structure to obtain individual authorisation for participation in the activities.

Article 5: Measures

In the event of non-compliance with the facilities, people, rules of hygiene, safety and propriety, the group is subject to a disciplinary measure ranging from a simple reminder to order to the exclusion of swimming, the cessation of the activity or even expulsion from the site. A report is drawn up by the Maison des sports department and sent to the director of the offending centre as well as to the departmental service for youth, engagement and sport (SDJES).
In the event of damage caused by a participant to the site, an invoice will be sent to the organization that booked.

Article 6: Schools in the territory

The terms and conditions of access for schools in the territory are set each year by agreement between the inspector of the National Education Academy and the Agglomeration Community.

SECTION III – SPORTS CAMPS

Registration for the course will be finalized after acceptance of the complete file.

Article 1: Registration procedures - Authorisations and insurance

- The child's legal representative authorises the child to participate in all the activities offered as part of the course.
- The child's legal representative authorises or does not authorise the managers of the Sports House to take all medical or surgical measures in the event of an emergency.
- The child's legal representative specifies his or her preference between the Bourg en Bresse Fleyriat Hospital and the Convert Clinic.
- The child's legal representative provides the Maison des Sports with a certificate of insurance for the child, guaranteeing the child's civil liability and personal liability for accidents, as well as a medical certificate of no contraindication to the sports practices practiced as part of the Maison des sports camp.
- The "Pass nautique" swimming test or equivalent is mandatory for all courses.

Section 2: Medical Information

The legal representative completes the registration form concerning: specific diseases, vaccinations, allergies, medical information that he or she deems necessary to communicate.

TITLE IV - TEACHING AND SUPERVISION

Article 1: The director, the lifeguards and the instructors of the Maison des sports are authorized to intervene.
All of them are competent to take all decisions necessary to ensure the safety and good order of the Establishment.

Article 2: The teaching of nautical and land activities is carried out by qualified instructors.

TITLE V - CHANGING ROOMS

Article 1: Lockers are available to users.
However, La Plaine Tonique declines all responsibility in the event of theft.

Article 2: The staff of the Maison des sports is in no way responsible for loss or theft.
No recourse can be taken against the community for objects lost in the Establishment. Lost and found items must be dropped off immediately at the reception desk.

TITLE VI - NAVIGATION AREA AND USES

The map of the navigation areas that is posted on the Sports House and on the First Aid Station indicates:

- Areas that are mandatory, dangerous or reserved for different specific uses,
- The authorized limits of navigation and their markings,
- The route taken by parasailing.

All users must comply with this plan, regardless of the activity they are engaged in.

Any natural or legal person wishing to organise an activity on the lake (one-off event, supervision, commercial practice for profit or not, etc.), professional or not, must request prior authorisation from the Communauté d'Agglomération du Bassin de Bourg en Bresse, owner of La Plaine Tonique.

TITLE VIII - MAISON DES SPORTS - SPECIAL CONDITIONS OF USE

Stay in control of your speed and trajectory regardless of the type of equipment to avoid falls and collisions/collisions.

A/ Rental water activities

- Article 1:** **Wearing a life jacket or harness (windsurfing) is mandatory on all boats.**
It must be adapted to the weight and properly caped/tied.
Wearing a wetsuit does not exempt you from wearing a vest.
Wearing shoes is advised to avoid injury.
Clothing must be adapted to the weather conditions, in particular to prevent the risk of hypothermia and hydrocution. "It's better to be covered too much than too little."
- Article 2:** Practitioners must comply with the navigation zones, while respecting other users and fishermen.
- Article 3:** When windsurfing, the wearing of an isothermal suit (at least shorty type clothing is mandatory if the water temperature is below 18 degrees, otherwise it is strongly recommended.
- Article 4:** Children under the age of 11 must be accompanied by an adult to rent equipment at the Maison des sports.
Any minor carrying out an activity remains under the responsibility and supervision of his or her legal guardian.

In case of difficulty, **never leave your boat** to swim home and do not overestimate your strength.

B/ Supervised water activities

- Article 1:** For all underage practitioners, the swimming test known as the "nautical pass" is compulsory. It consists of swimming with or without a bra for at least 20 metres and immersing. Adult participants or the legal representative for minors, attest to their ability to **swim at least 20 meters and to submerge**, or present a certificate from a qualified authority.
- Article 2:** **Wearing a vest is mandatory** and must be adapted to the weight and properly caped/fastened.
Wearing a wetsuit does not exempt you from wearing a vest.
Wearing shoes is advised to avoid injury.
Clothing must be adapted to the weather conditions, in particular to prevent the risk of hypothermia and hydrocution. "It's better to be covered too much than too little."
- Article 3:** In all cases, you must comply with the instructor's instructions.
- Article 4:** In the event of a capsize, never attempt to swim back to shore. Wait for the arrival of the safety boat while staying on the equipment.

C/ Powerboating activities

- Article 1:** The rider declares to be in **good physical condition** and to comply with the posters and instructions of the pilots.
- Article 2:** The practice of parasailing is a discovery of the body of water. The course remains at the discretion of the instructor according to the occupancy of the body of water and the weather constraints.
- Article 3:** The instructor must make sure to remind users of the safety instructions, check the capelage of the life jackets and have the jewellery removed if necessary.
- Article 4:** The practice of towed vehicles is particularly demanding, it requires a good physical and articular condition. The rider cannot be held responsible in the event of injury to a user, it is reminded that the latter accepts the risks inherent in the motorboating activity.
- Article 5:** Cameras are not allowed on towed vehicles.
- Article 6:** A person over 16 years of age will accompany the pilot during the course of the powerboating activities, his mission is to inform the pilot of any falls or even to activate the release relise. Instructors holding a state certificate or a professional certificate with a "towed equipment" option may be exempted from this support.

D/ Land activities

- Article 1:** Archery is practiced under the authority of a qualified instructor only.
- Article 2:** For mountain biking, wearing a helmet and protective gear are mandatory as part of supervised activities and are strongly recommended for rental. They must be properly attached and adapted to the morphology.
Wearing closed-toe shoes is strongly advised to avoid injury.
- Article 3:** Before you set off on your bike, make sure to adjust it to your size and check that the brakes and gears are working properly. No refund will be made in the event of any malfunction.

Article 4: When riding a mountain bike, when you use a road, stay in single file while keeping a sufficient safety distance between 2 mountain bikes and do not brake unnecessarily.

Article 5: Before you set off on your hike, make sure you take the contact details of the rental point (04 74 30 88 08) in case of problems.

TITLE IX - HEALTH AND SAFETY MEASURES

Article 1: It is Obligatory:

- * To wear a life jacket or bra on all boats,
- * To respect the rules and navigation zones,
- * To respect the equipment and facilities made available to the public,
- * On the water, turn back in the event of a thunderstorm or follow the instructions of the lifeguards,
- * To reach a shelter for mountain bikers as soon as possible.

Article 2: It is not allowed:

- * To exceed the maximum number of persons allowed per type of boat,
- * To eat, drink and smoke on the boats,
- * To disturb the peace by shouting and whistling,
- * To take animals on board,
- * To bring dangerous objects inside the Establishment and on the boats,
- * Abandoning or throwing papers, objects and rubbish of any kind in the water, on beaches or on the side of roads and trails. Garbage cans are reserved for their collection,
- * To make remarks or commit acts likely to annoy the public or compromise the reputation and proper functioning of the Establishment,
- * To stay on the water in the event of a thunderstorm as soon as the red flag (meaning no swimming) is raised,
- * To climb, sit or jump on a boat on land.

TITLE X - RANGE - SPECIAL TERMS OF USE

As a reminder, the beach is a public space and therefore it is forbidden to smoke and/or vape.

A/ Obligations of the bather

All bathers are requested to strictly comply with:

- Complies with current regulations
- At the decree for the opening of the swimming area in force
- These rules of procedure and the Plan for the organisation of beach surveillance and rescue
- At the behest of the aquatic supervisors and the security service
- To the instructions of flags and information and traffic signs.

B/ Bathing area

Article 1: Monitored Developed Areas

The body of water includes an area called Grande Plage with a "Grand Bain" delimited by interconnected floating buoys, inside which is set up a place reserved for people who do not know how to swim called "Petit Bain".

The Grande Plage is the only supervised swimming area outside this area; Users will swim at their own risk.

The days and times of supervision of this Grande Plage area are displayed and available on the brochures and the website.

Outside these hours and outside the Grande Plage, swimming remains at the users' own risk.

Article 2: Unsupervised Developed Areas

The equipped beach known as "Tahiti" located to the north of the Grande Plage is reserved for the campsite's customers; it is not monitored.

Article 3: Undeveloped and Unsupervised Areas

The public swims at their own risk in all other areas of the body of water.

C/ Meaning of flags

Bathers and users must also comply with the instructions given by the various flags hoisted on the signal pole, the meaning of which is as follows:

Green flag: Supervised swimming in the area defined in Article 1^B: supervised swimming without apparent danger;

Yellow flag: Supervised swimming in the area defined in Article 1^B: supervised swimming with limited or marked danger;

Red flag: swimming prohibited on the entire beach, lifeguards remain on standby;

No flag: No supervision.

In the absence of a flag at the top of the flagpole, the public swims at their own risk.

D/ Monitoring

Article 1: Lifeguards

During the opening hours of the swimming area, supervision is provided by staff holding the B.N.S.S.A. (National Aquatic Safety and Rescue Certificate) or the B.E.E.S.A.N (Swimming Activities Sports Educator Certificate). These personnel are identifiable by a Red and Yellow uniform with Lifeguard lettering on the back. It ensures safety and supervision at all times and throughout the opening of the swimming area.

Article 2: Security

Timetables

Swimmers who remain in the water after the supervision schedule swim at their own risk.

From 10:30 p.m., the security service or any other authorized person will evacuate the beach and bathing areas.

Minor

All swimming by minors remains under the supervision and full responsibility of their legal representative, supervisor or educator. The latter must ensure constant and effective surveillance and **be present in the water at the same time as the minors**. In case of non-compliance, bathers will be evacuated from the swimming area.

Recommendations

Before entering the water, bathers should take a shower, in order to avoid thermal shock. It is also recommended to take a shower after swimming.

Article 3: Bad weather

Due to bad weather, beach surveillance may be interrupted. In this case, the entrance to the site becomes free, a micro announcement is made on the entire site, and the surveillance flag is lowered.

In the event of dangerous weather conditions for people and/or property, and on the advice of the elected officials, the Management, or any other person present on the site, the lake and/or the Leisure Centre may be evacuated without financial compensation. In case of resistance, the police will be called in.

E/ Groups

Article 1: Access to the beach

To benefit from the "group" rates, an online booking voucher must be completed before the visit (minimum of D-3 days).

Any group coming for the day without a reservation will be refused entry or will pay their entrance fees and services on site at full price, in accordance with the General Terms and Conditions of Sale in force.

When he arrives at the ticket office, the group leader will have to sign the real attendance board and a bracelet will be given to him (to be worn on the wrist).

Article 2: Before swimming on the beach

Groups (summer camps, summer camps, etc.) are required to register on arrival on the beach at the Beach Lifeguard Station for obvious security and administrative reasons. The "Beach Group Rules" form must be completed, signed and presented to the lifeguards before putting the children in the water.

Each group must have its own safety equipment (belts).

Article 3: Bathing supervision

Groups must comply with the regulatory provisions regarding the supervision of minors during their swimming (cf. Order of 25 April 2012 applying Article R.227-13 of the Social Action and Families Code): 1 animator for 5 children under 6 years old, 1 animator for 8 children + 6 years old, 1 animator per half group if there are swimmers and non-swimmers in the same group.

Supervisors must classify the children by swimming level, and respect the corresponding swimming areas. For mixed groups (under 6 years old and 6+ years old), the legislation for children under 6 years old applies.

The supervising team is committed to:

1. Know, supervise and ensure compliance with the internal regulations of the outdoor base and compliance with the legal standards of supervision.
2. Sort the children by level of practice, and provide the MNS with a list of names of the non-swimmers and swimmers (as well as the identity of the supervisors).
3. Take charge of the discipline, safety, supervision and organization of the group's bathing activity and ensure that the bathing areas are respected
4. Ensure an effective and constant presence (accompaniment and supervision) of your group.
5. Comply with the instructions, recommendations and prohibitions of the DSM.

The presence of the MNS does not relieve the supervisory team of its own responsibility.

Lifeguards are competent to make any decision aimed at safety and good order on the site.

F/ Uses in the bathing area

Article 1: Equipment

For safety reasons, fins, masks and snorkels are subject to the authorization of the B.N.S.S.A or the B.E.E.S.A.N present. On the other hand, the use of oars is prohibited in the bathing area.

Article 2: Fishing

Fishing is prohibited in the supervised swimming area.

Article 3: Boats

All motorboats are prohibited in the bathing area, with the exception of those necessary to ensure the safety or evacuation of victims in good conditions.

The launching of non-motorised beach gear is permitted outside the supervised swimming area.

Article 4: Vehicles

Access to the beach is forbidden to bicycles and any motorized vehicle, with the exception of maintenance vehicles and vehicles necessary to ensure the safety or evacuation of victims.

Article 5: Prohibitions

The regulations on alcohol, narcotics, cigarettes and other smoking devices, pets and naturism are specified in the internal regulations "Camping and Leisure Centre" of La Plaine Tonique.

G/ Display

The following items are displayed on the First Aid Station during its period of operation:

- monitoring schedules;
- the decree setting the hours and periods of surveillance;
- the signage in French and English of the surveillance flags;
- the configuration plan of the bathing areas;
- the Surveillance and Rescue Organisation Plan;
- the service to be notified outside surveillance hours, in the event of an accident (tel. 18 or 112);
- the results of regulatory analyses of bathing water ;
- Daily air temperature ;
- the daily temperature of the water;
- the diplomas of aquatic supervisors;
- the civil liability insurance certificate of the Communauté d'Agglomération du Bassin de Bourg en Bresse, valid.

TITLE XI – APPLICATION

These internal regulations are applicable to the entire body of water of La Plaine Tonique. It applies to all users who, in the practice of their activities, must ensure that they are aware of and comply with the safety instructions.

These rules of procedure are posted at the Sports Centre and at the Beach Lifeguard Station. It is also available on the www.laplainetonique.com website.

The conditions of reservation, payment and reimbursement for the use of all these facilities are set out in the General Terms and Conditions of Sale of La Plaine Tonique.

The staff of La Maison des sports et de la plage are placed under the authority of the Director of La Plaine Tonique who is responsible for the execution of these internal regulations and who is authorised to take any useful measure for the maintenance of order. He reports hierarchically to the President of the Communauté d'Agglomération du Bassin de Bourg en Bresse.

In the event of a serious or repeated breach of the internal rules and after formal notice by the Management, or its representative, to comply with them, the latter may expel the user without prejudice to possible prosecution. In the event of a criminal offence, the Management or its representative may call upon the police.

Done at Bourg-en-Bresse, this

President,

Jean-François DEBAT
Mayor of Bourg-en-Bresse
Auvergne Rhône-Alpes Regional Councillor