

Sunbeds Information

The Sports Centre follows the current HSE guidelines and a Code of Practice from UK Sunbed Association. This ensures that anyone using the sunbed suite can be confident of the best advice and support to help you achieve your tan in a responsible and controlled environment.



Turbo Power - 10 minutes £8.00
42 x 160 watt tubes and 4 x 400 watt face panels. Lying Down
MAXIMUM OF ONLY 10 MINUTES PER SESSION

Vertical Tan - 3 minutes £4.30 or 6 minutes £8.00
48 x 160 watt tubes. Standing.
MAXIMUM OF ONLY 6 MINUTES PER SESSION

Special rates: Course of 4 sunbeds for the price of 3 @ £24.00, or 10 sunbeds for the price of 5* @ £40.00

*4 for 3 offer (valid for 1 month), 10 for 5 offer (valid for 3 months) are applicable on turbo and vertical 6 minute sessions. Vouchers are **NOT** transferable .

Tokens are only issued 5 minutes before sunbed sessions

Before use:

- Do not consume alcohol
- Make sure you know how to switch the sunbed off
- Remove cosmetics, jewellery and contact lenses

During use:

- Wear sunbed goggles
- If you notice any abnormal skin reaction stop using the sunbed and seek medical advice

After use:

- Don't sunbathe outside on the same day
- Allow at least 24 hours between tanning sessions or 48 hours for fair skinned people-Type 2

Sunbed Advice Chart

Skin type	Skin Description	Reaction to tanning
1	Very fair Usually lots of freckles, red or sandy hair, blue, green and grey eyes	High burn risk, skin turns red and peels Advised not to tan in sunlight Do NOT use a sunbed
2	Fair Possibly with freckles, blond to brown hair, blue, green and grey eyes	High burn risk, great care should be taken in tanning Tanning tends to be light
3	Fair to light brown No freckles, dark blond or brown hair, grey/green eyes	Medium risk of burning Capable of building up a moderate tan
4	Light brown Dark brown hair and eyes	Burning is rare, tanning rapid and deep See additional note below
5	Deep brown skin Dark hair and eyes	Seldom burns, tanning is rapid and deep This type of skin has its own natural protection See additional note below
6	Very dark skin Black hair and eyes	Never burns in natural sunlight See additional note below

NB: Skin types 4, 5 and 6 need to exercise precaution on initial exposure. This particularly applies if living in the UK, as natural skin protection factor is depleted through lack of regular exposure to sunshine. Some evidence points to sunburn and over-exposure to UV light being one of the possible risk factors in contracting skin cancer. The Health and Safety Executive advises not to exceed 20 sunbed sessions per year.

Mon - Thurs 07.00 - 21.45
Friday 07.00 - 20.45
Saturdays 08.00 - 17.00
Sundays 08.00 - 19.45

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