

## INDOOR POOL GUIDELINES

1. Age limit must be 14 years old to use pool without adult supervision. They must be able to swim the length of the pool unassisted and be able to tread water for 1 minute.
2. Children under the age of 14 must be accompanied by an adult member and must utilize the pool only during scheduled family swim time unless they are participating in a swim program or lessons.
3. Proper Swim attire must be worn in the water. Workout clothing and t-shirts are not permitted in the pool. Management's discretion to determine inappropriate attire (ex. Thongs, string bikinis, etc.)
4. Infants and toddlers who are not toilet trained must wear a swimming suit over a tight-fitting pair of rubber pants and over a swim diaper. No cloth or paper diapers. These children are only allowed in the teach pool – NOT the main pool. Accidents are easier to clean up in the smaller pool. **PLEASE NOTE:** Member may be asked to leave if this rule is not followed! Any 'accidents' in the pool will require us to shut down the pool for 24 hours.
5. Swimmers must shower prior to swimming.
6. Use of the pool is forbidden by anyone with a contagious disease (pink eye, skin diseases, open sores, flu, etc.)
7. Chewing gum, food and drink is not allowed in the pool or on the pool deck. Plastic water bottles or sports drinks are allowed. **NO GLASS ALLOWED WHAT SO EVER!**
8. **LAP LANE USAGE:** Unless there is a special event, there will always be lap lanes available. Lanes are meant to be shared. When 2 people are swimming, you may split the lane. When 2-4 people are using a lane, please circle swim. During peak pool usage time, lane sharing is expected.
  - a. **Sharing a lane:** for the safety of all swimmers, if you are entering a lane already occupied, please get the attention of the swimmer prior to entering the pool to communicate and ask to split the lane or circle swim.
  - b. For the safety of everyone, please **DO NOT** dive, run or throw people in the pool.
  - c. Cell phone use is permitted in the lobby area only.
  - d. Inflatables or toys permitted **ONLY** at Splash Parties.

### \*\*HOT TUB POLICY\*\*

1. Do not remain in the whirlpool for periods longer than 15 minutes (for health/safety reasons). A minimum of 5 minutes must be spent **OUT** of the whirlpool for every 15 minutes in the water.
2. Children under the age of 16 are **NOT ALLOWED** to use the whirlpool, steam rooms, or saunas.
3. Everyone **MUST** shower before using the whirlpool.
4. Use of the whirlpool, steam rooms or saunas is prohibited if you are taking prescription medications, have a contagious disease, have high blood pressure, if you are pregnant, or may have other medical conditions (such as heart disease or stroke)
5. The whirlpool will close if the temperature is **EXCEEDS** 104 degrees.