



Swirlpool, Steam Room & Sauna Rules

FOR YOUR HEALTH AND SAFETY, PLEASE OBSERVE THE FOLLOWING RULES:

1

Before using the hot areas, consult your physician if you have heart disease, diabetes, high or low blood pressure, are pregnant, elderly or taking medication.

2

Clean and appropriate bathing attire is required.

3

Take a cleansing shower before entering the whirlpool.

4

Children under 7 years of age are not permitted in the hot areas.

5

Children 7 to 12 years of age must be accompanied, within arm's reach at all times, by a responsible person at least 16 years of age.

6

Do not use the hot areas for more than 10 minutes per exposure; prolonged exposure may result in nausea, dizziness and fainting.

7

Shower and cool down after each use of the hot areas.

8

Food or beverages other than water are not permitted in the hot areas.

9

Being under the influence of intoxicants is prohibited.

10

Do not completely immerse your body underwater in the whirlpool.

11

Diving is not permitted in the whirlpool.

12

Long hair must be kept out of the water and away from underwater fittings.

13

Lotions, creams, oil, hair conditioners, or dyes are not permitted in the hot areas.

14

Books, newspapers, and magazines are not permitted in the hot areas.

15

Do not pour any liquid on the steam room or sauna thermostat as it will cause significant damage.

16

Immediately report all injuries, contaminations, and fouling to the lifeguard.

17

Emergency phone is located in the pool office.