

POOL RULES

- Lifeguards are only available during designated family times. At other times, please use the pools at your own risk. **NO CHILDREN 12 & UNDER UNLESS IT IS FAMILY TIME!**
- Appropriate swimwear must be worn in the lap pool, therapy pool, whirlpool, cold plunge, sauna and steam room. (Lycra, Polyester & Nylon are the only acceptable fabrics.)
- Please shower before entering the lap pool, therapy pool, whirlpool, cold plunge, sauna and steam room.
- Food & Drink are not allowed in the pool or on the pool deck or other wet areas.
- Please avoid using any electrical equipment around the pools.
- Please use caution when walking; pool deck may be slippery.
- Please use handrails when entering and exiting pools.
- No running, jumping, diving or horseplay in the pool or on the pool deck.
- No hanging on lane-lines in lap pool or safety rope in the therapy pool.
- No walking on pool deck with flippers on.
- Kickboards, buoys, fins, and water fitness equipment are for instructional use and swimmers only.
- Aquatic classes and swim lessons are held in both lap and therapy pools. Please refer to our aquatic schedule for class days and times.
- Spitting, spouting or nose-blowing are not allowed in the pool.
- Persons with communicable diseases are not allowed in the pool. These include any open wounds or sores that might expose bodily fluid to the water.
- The pool(s) will close 12-24 hours for removal and disinfection whenever fecal matter, blood, or vomit is observed.
- **NO CELL PHONES IN POOLS, WHIRLPOOLS, OR COLD PLUNGES. NO PICTURES OR VIDEOS MAY BE TAKEN.**

ALL OTHER RULES ENFORCED BY POOL STAFF MUST BE OBEYED.

Teens ages 13-15

- Members ages 13-15 are welcome to swim and use the whirlpool, cold plunge, sauna and steam room at any time but must have direct parental supervision (18 & older). Members ages 13-15 may become certified to swim without adult supervision (18 & older) through the Teen Fitness Program. The adult supervisor, who assumes full responsibility of the teen, must be present at all times within The Healthplex.

Children ages 12 & under

- Children 12 years & under are not allowed in the lap pool, whirlpools, whirlpools, cold plunges, steam rooms or saunas at any time.
- Children 12 years & under are welcome to swim in the therapy pool but only during designated family swim time hours with direct adult supervision (18 & older)
- Swim belts are recommended for children 12 & under who do not swim proficiently.
- Children who are not toilet-trained and are less than four years old may swim but must wear a swimsuit diaper. Cloth or disposable diapers are not accepted. Plastic pants are recommended over swim diaper. 30-minute bathroom breaks are enforced to avoid accidents.

For questions please contact Corey Hulett @ 601-925-7946