

## **Sauna Rules**

- Long exposure to sauna temperature may result in nausea, dizziness, and fainting. Reasonable use time is 10 minutes and is recommended to not exceed 20 minutes
- Individuals with any of the following conditions should not use the sauna:
  1. Heart Disease
  2. High or Low Blood Pressure
  3. Under the use of alcohol, anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics, and/or tranquilizers
  4. Pregnant Women

The Center for Disease Control strongly advises pregnant women to not use the sauna
- Commercial swim attire or work out shorts and shirts must be worn while using the sauna
- Children under 16 years of age may not use the sauna
- All individuals must sit or lie on a towel
- The following are prohibited:
  - Drinking containers
  - Exercising
  - Spitting on rocks
  - Carding (flicking sweat)
  - Reading materials
  - Electronic items
- Do not attempt to change sauna temperature
- 15 person maximum per sauna

## **Spa**

- Long exposure to spa temperature may result in nausea, dizziness, and fainting. Reasonable use time is 10 minutes and is recommended to not exceed 20 minutes
- Individuals with the following conditions should not use the sauna:
  1. Heart Disease
  2. High or Low Blood Pressure
  3. Under the use of alcohol, anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics, and/or tranquilizers
  4. Children under the age 5 years
  5. Pregnant Women

The Center for Disease Control strongly advises pregnant women to not use the spa
- Commercial swim attire must be worn while using the pool and spa
- It is highly recommended that children ages 6-12 years only use the spa for 5 minutes
- Children under the age of 16 must be with a parent/guardian
- Reading materials are prohibited
- Sleeping, exercising, and submerging to the bottom of the spa is prohibited
- 15 people maximum

## **Pool Rules**

- Commercial swim attire must be worn while using the pool and spa
- Swimmers must soap shower (including hair) before entering the pool or spa
- Pool may only be used when a lifeguard is present
- Individuals under the influence of alcohol or drugs may not utilize the pool
- Individuals with infectious or communicable diseases should not use the pool
- Only approved Coast Guard floatation devices are allowed in the pool
- No spitting pool or spa water
- Rough play, shoving, dunking, or horseplay will NOT be allowed
- Profane language or offensive behaviors will NOT be allowed
- No running or tag games allowed in the pool area
- No climbing or jumping from the lifeguard stands
- Do not hang or pull on lane lines
- Diving or any flips are NOT allowed from the pool deck
- Only non-breakable water containers allowed on the pool deck
- Food and beverages are prohibited on the pool deck
- Innertubes and toys are prohibited except during approved activities
- Approved swim diapers or protective covering must be worn by all participants who are not toilet trained
- Visiting with the on-duty lifeguard is prohibited
- During emergency situations, follow the lifeguard's instructions. 3 whistle blasts indicates an emergency and all swimmers should clear the pool, spa, and sauna.
- Refusal to obey pool rules will result in removal from the facility