

# HOT TUB RULES

## BEFORE YOU ENTER:

- Cool down at least 5 minutes after exercise
- Take a cleansing shower

Children are only allowed to enter the hot tub/steam room if they are 14 years of age or older. This includes sitting on the edge and placing feet in the water.

**Individuals at high risk with the following conditions should not use the whirlpool/hot tub unless authorized by a physician:**

High blood pressure • Heart disease • Pregnancy • Diabetes • Emotional disorders • Stress • Epilepsy or seizure disorders

## THE FOLLOWING ARE PROHIBITED:

- Use of hot tub longer than 10 minutes
- Use of hot tub alone
- Cell phone usage while in hot tub
- Food & Drink in the pool. Water allowed on pool deck in non-breakable container
- Use of body lotions, oils, or suntan preparations
- Use of the hot tub if you are using alcohol, anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, or tranquilizers
- Diving or jumping into the hot tub
- Submerging to the bottom of the hot tub (hair can become entangled in the drain)
- Wearing street shoes in the hot tub area
- Aerobic exercise in the hot tub

Failure to follow these rules can result in serious or fatal injury

**IN THE CASE OF EMERGENCIES, THE PHONE, FIRST AID KIT, AND AED ARE LOCATED IN THE LIFEGUARD OFFICE**

Anyone who refuses to obey the hot tub rules is subject to removal from the premises and membership restrictions. Thank you for helping keep our aquatic center safe!