

AQUAPLEX GENERAL POOL RULES

- 1.) All persons are encouraged to take a shower before entering the water.
- 2.) All persons leaving the sauna are encouraged to take a shower before entering into ANY Aquaplex pools.
- 3.) During open swim hours, children 12 years old and younger must be accompanied by a parent or guardian 18 or older in the Aquaplex.
- 4.) **Children 5 years old and younger must be accompanied by an adult in the water and within arm's length reach at ALL times.**
- 5.) NO DIVING in any pools at the facility.
- 6.) All children who are not toilet trained must wear swim diapers. We do not provide any type of swim diaper at our facility so please come prepared. Cloth diapers or disposable diapers are not permitted.
- 7.) Make sure strollers have clean wheels when entering the AquaPlex.
- 8.) Swim suit attire is REQUIRED. Improper attire can be denied access.
- 9.) No horseplay/boisterous play is allowed inside the AquaPlex. Patrons who exhibit this behavior will be asked to take a break or leave the facility if the behavior continues.
- 10.) Spectators must NEVER stand in front of a lifeguard on deck. This blocks the view of supervising the pools.
- 11.) No food or drink allowed in the Aquaplex.
- 12.) Lifeguards have the authority to update / change / add rules as the patron capacity changes, shortage of lifeguards, or any facility maintenance issues arise during operational hours.
- 13.) Open swim patrons (non-member) must use day use locker rooms.

POOL DESCRIPTIONS & SPECIFIC RULES

AquaTrack (originally, the lazy river):

- 1.) **Must be 17 years or older OR be 48 inches (4ft) to enter into the AquaTrack.**
- 2.) Must keep your feet placed on the AquaTrack floor in a walking/jogging/running position. There is no swimming in the AquaTrack.
- 3.) Parents/guardians with infants (6mos-1 year) strapped or held to parents'/guardians' chest are allowed while walking the AquaTrack.
- 4.) Water exercise equipment are allowed in the AquaTrack as long as the items are used properly and put back where they belong.
- 5.) AquaTrack is used for walking, jogging, and light water aerobics.

Playground Rules:

- 1.) Parent/Guardians should be within **ARMS LENGTH REACH** of their child/children at ALL times, if your child is 5 years of age or younger.
- 2.) Floaties are not a form preventative drowning. If your child is in a floaty, they should be within arm's length reach of you at ALL times. At no time, are inflatable water wings allowed.
- 3.) Lifeguards are here to enforce the rules and respond to emergency situations, YOU are responsible for your children.
- 4.) Lifeguards have the authority to update/change/ add rules as the patron capacity changes, lifeguard shortage, or facility maintenance issues arise during open swims.
- 5.) When going down the water playground slide, you must always go feet first and 1 person at a time.
- 6.) NO RUNNING.
- 7.) No hanging from equipment, including buoy lines and ropes.
- 8.) Do not sit at the slide catch. Patron should immediately leave the area as soon as possible for the next participant.

Therapy Pool Rules:

- 1.) The Therapy Pool is reserved for patrons 17 years of age or older.
 - Exceptions: individuals who are referred by medical services/ doctor's note to use pool.
- 2.) Children and infants are only allowed in this pool during swimming lessons in which they are participating.
- 3.) No free play/swimming in the therapy pool. Kickboards are not allowed.
- 4.) Dumbbells and noodles are to be used for exercising only. Improper use destroys this equipment.
- 5.) Only those participating in class are allowed in the pool during schedule class times.

- 6.) OSF has exclusive use of pool during OSF classes

Lap Lane Rules:

- 1.) Lap lanes are first come, first serve, please plan accordingly.
- 2.) There are no age restrictions long as the swimmer is swimming consistent and purposeful laps.
- 3.) If there is room in your lane, please share with other patrons.
- 4.) Lap lanes are the only place where flippers/fins may be used.
- 5.) Kickboards are to be used properly in the lap pool. Improper use may indicate that the swimmer should not be in the lap lane.
- 6.) Some lanes may be reserved for swim lesson classes Tuesday, Thursday, and Saturdays.
- 7.) Swimmers should not hang on lane lines, nor should they go over them. If changing lanes, they should do so by going under the lane lines.

Class Section Rules:

- 1.) Flippers and fins are not to be worn or used in this section.
- 2.) Kickboards and noodles may be used only during swimming lessons or other classes. Kickboards may be used by children only when an adult is in the water with them, and they must be used for their intended purpose, not as a flotation device.
- 3.) During scheduled class times (swimming lessons or water aerobics), use is reserved to those participating in the class.

Big Slide Rules:

- 1.) All swimmers using the slide must be at least 48 in (4ft) tall to utilize the slide.
- 2.) Only one person down the slide at a time as regulated by the lifeguard at the top of the slide.
- 3.) Participants using the slide must go down feet first either on their back or bottom. **DO NOT GO HEAD FIRST.**
- 4.) No goggles allowed on the slide.
- 5.) No flips or turns while going down the slide.
- 6.) No lifejackets allowed on the slide.
- 7.) Parents may NOT go down the slide with their children or wait at the bottoms of the slide catch. Swimmer should be able to go down the slide and get out by themselves to use the slide.
- 8.) Pregnant women and those over 300lbs should refrain from using the slide according to slide manufacture guidelines.

Whirlpool/Hot Tub Rules:

- 1.) Reserved for swimmers 17 years of age or older. **NO EXCEPTIONS.**
- 2.) Swimmers using whirlpool should NOT submerge their heads under water.
- 3.) No equipment should be used in the whirlpool (dumbbells, noodles etc.)
- 4.) Participants using the whirlpool should refrain from swimming or exercise activities.
- 5.) Limit your time in the whirlpool to 15 minutes...depending on your health, water temperature, and how comfortable you feel.

Dry Sauna Rules:

- 1.) This is a DRY SAUNA. Do NOT pour water on the stones as it damages the heat unit.
- 2.) Do NOT put towels over the temperature gauge as this could overheat the sauna and ruin the dry sauna overall.
- 3.) Do not leave personal items unattended in the sauna.
- 4.) Pregnant women or those with heart problems should not use the sauna.
- 5.) Patrons MUST shower after the sauna to use any Aquaplex pools.