

# Honda Wellness Center Pool Rules

1. Patrons may not enter any pool until there is a lifeguard on duty. Patrons must exit the pool at the request of the lifeguard.
2. You must shower before entering the pool.
3. Children 12 years and younger must be accompanied by an adult.
4. Street shoes are restricted from the pool deck areas.
5. Children who need assist of a flotation device must be supervised within arm's reach by a person 16 years or older.
6. Infants/children who are not toilet trained must wear a disposable swim diaper.
7. Any flotation devices and toys must be permitted by the lifeguard; approved life jackets are permitted.
8. Patrons shall not behave in a manner that jeopardizes the safety and health of themselves and others:
  - running, rough play, pushing, jumping hazardly, snapping of noodles, chicken fights, spitting, blowing nose, dunking, lifting or throwing of another person, and abusive or profane language are prohibited.
9. Any person with a skin disease, infections, or open sores are prohibited from the pool.
10. Glass, food and non-water beverage are not permitted in the pool area.
11. Appropriate swimming attire is required in the pool.
12. Hanging or playing on the ladders, lane lines, diving board, or ramp is not permitted.
13. Personal items are to be stored in the locker room.
14. Do not converse with or distract the lifeguards while they are actively engaged in their duties.
15. You may be asked by the lifeguard to show ability to swim before entering the deep end and using the diving board and slide.
16. Hyperventilation or holding of one's breath underwater for an extended period of time can be extremely dangerous and therefore is prohibited.
17. A long whistle blast may signal an emergency. Exit the pool immediately and look to the lifeguard for further instruction.
18. Flotation devices are prohibited from the deep end unless being used for exercise purposes.
19. Public display of affection is not permitted.
20. Any injury occurring in the pool area must be reported to the Aquatic staff immediately.
21. Aquatic staff decisions are final. Patrons who violate the rules may be asked to leave.

## Hot Tub

- All Pool Guidelines apply to spa use.
- All persons are required to take a cleansing shower before entering the hot tub.
- Persons using prescription medications should consult their physician before using the hot tub.
- Pregnant women should not use the hot tub without consulting their physician.
- Persons should spend no more than 15 minutes in the hot tub at any one session.
- Long exposure may result in nausea, dizziness or fainting.
- The hot tub is for adult use only. Children under the age of 13 years are not permitted.
- Food, drink (except bottled water) and glass containers are prohibited in the hot tub area.
- Do not submerge, float, swim or use floatation devices in the hot tub.
- Public display of affection is not permitted.
- Any injury occurring in the hot tub area must be reported to the Aquatic staff immediately.

## Diving Board

- Diving or jumping deemed unsafe, in the judgment of the lifeguard, will be prohibited.
- When diving, springboards are for recreational use:
  - Use is restricted to competent, unassisted swimmers at least 6 years of age.
  - All jumps and dives are to be in a straight forward direction from a standing position.
  - The “catching” of children or youth jumping off the diving board is not permitted.
  - No back dives, handstands, cartwheels, or seated drops are not permitted.
  - Only one person is permitted on the diving board or its ladder at a time.
  - Do not jump or dive until the diver before you have reached the ladder.
  - One spring per dive or jump permitted.
  - Swim directly to the nearest ladder and exit the pool immediately.
  - Hanging on the diving board is not permitted.

## Water Slide

- Swimmers must be 42 inches tall and/or at least 6 years of age.
- Water slide use is restricted to one person at a time in a seated position.
- The “catching” of children or youth jumping off the slide is not permitted.
- Sliding head first is prohibited.