

# POOL & SAUNA USE GUIDELINES

## For Your Safety:

- Please shower before using the pools & sauna
- All hair longer than shoulder length must be pulled back
- Diving is permitted in designated areas only (Emery Pool). Water needs to be at least 9' deep.
- Only US Coastguard Approved Lifejackets and Puddle Jumpers are allowed.
- **Breath holding activities are strictly prohibited.** Lack of oxygen in the bloodstream/muscles can lead to lightheadedness and/or passing out.
- Food, drink and glass containers are not permitted in the pool area
- Street shoes must be removed before entering the pool area
- No chewing gum
- No running on the pool deck
- No pushing, dunking or engaging in horse play (hands to yourself!)
- No flips, back dives or twisting jumps into the water
- No hanging on or swimming over the pool lane line

## Under 18 years must take a swim test or wear appropriate flotation before entering the pools.

### Orange Band: Non-Swimmers

- No swim test necessary
- Swimmers without an adult must wear US Coast Guard Flotation Device.
- Swimmers must remain within arm's length from an adult 18 years or older when not wearing Coast Guard Approved Flotation Device.

### Green Band: Advanced Swimmers

- Swim Test involves the following, in a continuous manner:
  1. Feet first jump into the deep end
  2. Swim 25 yards on their front
  3. Swim 25 yards on their back
  4. Treading/floating for 2 minutes
- If this test is passed, the swimmer can swim in all areas

## Sauna Use & Helpful Tips

- Please shower before entering the sauna.
- Please use cover-ups or towels.
- Use the sauna for 10-15 minutes then cool down.
- Replenish your system with water and other appropriate fluids.
- No persons under the age of 16 are permitted to use the sauna