

POOL RULES

- 1. Patrons must shower prior to entering the pool.**
- 2. Patrons must obey the lifeguard at all times.**
- 3. Children 8 years old and younger must be accompanied by someone 16 or older.**
- 4. Children using a flotation device or under the age of 5 must be accompanied by a parent or legal guardian and be within arm's reach at all times.**
- 5. Children under the age of 4 must wear a swim diaper.**
- 6. Flotation devices are not allowed in the deep end.**
- 7. Children must pass a swim test prior to being allowed in the deep end.**
- 8. A swimming suit is required; no cotton clothes are allowed in the water.**
- 9. No diving in the shallow end.**
- 10. No rough play, running, dunking, sitting/standing on shoulders, flips or hanging on lap lanes is permitted.**
- 11. No food, drink, gum, drugs, alcohol or inappropriate language is allowed in the locker rooms or pool area.
Water is permitted in a non-glass container.**
- 12. Individuals with open wounds or communicable diseases are asked not to enter the water.**
- 13. The Lake County Aquatic Center and its Staff are not responsible for lost or stolen items.**
- 14. Violation of any of the above rules may result in suspension or ejection from the facility.**

SAUNA RULES

- 1. Patrons using the sauna must be 18 years or older.**
- 2. Patrons must shower before entering the sauna.**
- 3. The sauna is an electrical appliance; please do not pour liquid on the rocks or place newspapers, towels or any combustible material on the heater or guard fence**

- 4. Pregnant women, persons using prescription medications and individuals suffering from high blood pressure should consult a physician before using the sauna.**
- 5. Individuals should observe a reasonable time limit of 15 minutes. Long exposures to heat can result in complications such as dizziness, nausea, and fainting.**

HOT TUB RULES

- 1. Patrons must shower before entering the sauna.**
- 2. The maximum number of individuals in the hot tub should not exceed 8 people.**
- 3. Patrons under the age of 16 must have a parent or legal guardian in the water when using the hot tub.**
- 4. Pregnant women, persons using prescription medications and individuals suffering from high blood pressure should consult a physician before using the hot tub.**
- 5. Individuals should observe a reasonable time limit of 15 minutes. Long exposures to heat can result in complications such as dizziness, nausea, and fainting.**

DIVING BOARD RULES

- 1. Diver must be able to swim the width of the pool before using the diving board.**
- 2. No catching persons from the board.**
- 3. Only one person may approach the board at a time.**
- 4. There is a two bounce maximum on the board.**
- 5. Dive or jump off of the front of the board (not the side) and swim to the nearest ladder.**
- 6. No back dives or flips are permitted.**

SLIDE RULES

- 1. Wait at the bottom of the slide until the person in front has gone down the slide and entered the water.**
- 2. Look at the landing zone and make sure it is clear before you go into the tube.**
- 3. Leave the pool immediately after you enter the water by swimming to the side wall.**
- 4. Never go headfirst, stop in the tube or stay in the landing zone.**
- 5. No catching persons from the slide.**
- 6. Patrons must go down the slide feet first.**