

## **Aquatics Area Policies**

### ***Sanitation Requirements***

1) All swimmers must have appropriate swim attire. The purpose of enforcing a swim attire policy is to maintain a clean, safe and inviting environment for our members.

The following constitutes as inappropriate swim attire:

- Sports bras
  - Athletic shorts
  - Denim or other cotton materials
  - Shorts / cover-ups worn over swim wear that are not made of swimsuit material
  - Underwear worn under swimsuits, t-shirts or shorts
  - Any suit that is deemed too revealing for a general and family environment
- 2) A shower is REQUIRED immediately before and recommended after pool usage.
- 3) Normally diapered individuals must have a swim diaper on when using the facility.
- 4) Admission into the Aquatics Center is at the discretion of management and/or lifeguard on duty for anyone wearing bandages, with skin abrasions, colds, coughs, extremely inflamed eyes, open sores, infections, excessive sunburn, nasal or ear discharge, or other symptoms which are determined to be detrimental to the health of others. Band-Aids must be removed before entering the pool, covered with waterproof dressing or remain out of the water.

### ***Safety Requirements***

- 1) An adult must actively supervise and be within arm's reach of children under the age of 6 and/or those individuals who require a life jacket in the water at all times.
- 2) There is a limit of 3 children under the age of 6 per 1 adult.
- 3) U.S. Coast Guard approved life jackets and flotation devices are required of all individuals who cannot swim. Life jackets or flotation devices must be solid, non inflatable material, and be worn/fit properly.
- 4) Water in sealable plastic containers will be allowed in or around the pool.
- 5) No food is allowed in the Aquatics Center.
- 6) Horseplay or inappropriate equipment usage will not be tolerated including, but not limited to, standing or sitting on kickboards, spitting water from noodles, jumping into the resistance pool or any other actions which management or lifeguard on duty deems to be unsafe.
- 7) The IHL aquatics area will close when lightning is detected within 8 miles or 15 minutes prior to facility close.
- 8) Staff is responsible for the safety and environment of the IHL Aquatics Center and reserve the right to ask any member or guest to leave if they feel it necessary.

### ***Spa Usage***

- 1) Members must be at least 12 years of age to utilize the spa.
- 2) The recommended time limit for each member in the spa is 15 minutes.
- 3) Individuals with the following conditions should consult with a doctor before use of the spa: heart disease, diabetes, high / low blood pressure, circulatory problems, respiratory problems, seizures, epilepsy, pregnant, or on prescription medications.

### ***Family Swim Time***

Family swim time is the perfect opportunity for families to enjoy quality time together in a safe and supervised environment. To assure safety, an adult must always accompany their children during this time. Below are the designated days and times offered for IHL family swim time:

- Fridays: 5:00 pm - 7:00 pm
- Saturdays: 1:00 pm - 7:00 pm
- Sundays: 1:00 pm - 7:00 pm