

HOT TUB RULES

1. All users must be 16 years of age or older.
2. Hot tub capacity is 6 participants
3. Chlorinator must remain in hot tub at all times.
4. Showering is required before entering hot tub.
5. A time limit of 15 minutes must be observed due to the fatiguing effects of prolonged use of the hot tub.
6. Clean swim attire must be worn at all times.
7. Pregnant women may not use the hot tub
8. Elderly participants, and/or participants with respiratory or cardiopulmonary problems, should not use the hot tub without prior medical approval from their doctor.
9. Any participant having a skin disease, nasal or ear discharge, communicable diseases, or who is wearing any kind of bandage will not be permitted in the hot tub.
10. Participants having any considerable areas of exposed sub-skin tissue, open blisters, cuts, sunburn, etc. are warned that these are likely to become infected.

SAUNA & STEAM ROOM RULES

1. All users must be 16 year of age or older.
2. Sauna and steam rooms are co-ed. Appropriate attire must be worn at all times.
3. Under no circumstances should users wear excess clothing such as a rubberized suits or plastic clothing.
4. Pregnant women can not use the sauna.
5. Elderly participants, and / or participants with respiratory or cardiopulmonary problems, should not use the sauna or steam room without prior medical approval from their doctor.
6. Do not use steam room or sauna while under the influence of alcohol, anti-coagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics or tranquilizers.
7. Remove all jewelry before using the sauna or steam room.
8. Do not exercise in steam room or sauna.
9. Following vigorous exercise, allow a cool-down time before entering sauna or steam room and reduce your session time.
10. A time limit of 15 minutes must be observed due to the fatiguing effects of prolonged use of the sauna and steam room. Long exposures may result in nausea, dizziness or fainting.
11. Use of steam room, sauna, and hot tub increases pulse rate, increases body temperature, changes in blood pressure, but differently in different individuals, perhaps dangerously in persons with high or low blood pressure.
12. Upon experiencing any nausea, dizziness, hot flashes or cold chills, headaches, or other discomfort, leave the sauna or steam room immediately.

13. After using the sauna or steam room, participants must shower prior to entering the pool or hot tub.

KINNEY NATATORIUM RULES

1. The natatorium is only open for use by members during recreational swim hours.
2. Children, under the age of 12, may use the natatorium if they are accompanied and actively supervised by an adult.
3. When sharing lanes, circle swim in a counter-clockwise direction.
4. Proper swimming attire must be worn at all times.
5. Changing of clothes must occur in locker rooms and is not permitted on the pool deck.
6. No food, drink or chewing gum is permitted in the pool or on the pool deck.
7. Glass containers are not permitted on the pool deck.
8. No running on the pool deck.
9. Use of starting blocks is not permitted.
10. Use of diving boards is not permitted.
11. Deck level diving is permitted only where the water is at least 9 feet in depth.
12. Breath-holding, other than normal swimming breathing cycles, is prohibited in all its forms.
13. Underwater swimming for distance, other than flip turns, is prohibited.
14. Competitive and repetitive breath holding drills are prohibited