



Welcome to the Salida Hot Springs Aquatic Center

Thank you for choosing us for your recreational fun. The following information is provided to make your stay with us as pleasant as possible.

- Pool rules apply during all pool activities (see attached rules)
- There must be **one** adult per **three** non-swimmers in the water at all times
- Pool toys are allowed
- Lifeguards must be present at all times while the guests are in the water
- After-hours: Guests will have 15 minutes after the whistle is blown to exit the facility
- Before-hours: Guests will be asked to get out of the water 15 minutes early in order for our lifeguards to get ready for public hours
- Guests may use the two picnic tables for eating and drinking (no food or drink allowed on deck) Additional tables are available upon request
- Pool rental rates before or after regular pool hours:

1-10 people	\$60 per hour
11-20 people	\$70 per hour
21-40 people	\$80 per hour
41-60 people	\$90 per hour
61-100 people	\$120 per hour
101 + people	\$1.50 per person per hour

All group guests, swimming or not, will be counted.

For kayaks only

- All boats must be washed out with the hose/bucket before they enter the water: Please fill the inside of your boat with water and dump it out in the gutter. Dispose of any debris from your boat. Please spray down the mats and deck afterwards.
- Helmets must be worn in the water at all times- both kayakers and instructors
- PFD must be worn while kayaking
- Enter and exit the water on the blue mats
- Maximum boats in leisure pool- 5; Maximum boats in lap pool- 20
- No paddles in the leisure pool
- Do not push the paddles off the floors or the walls
- Do not run boats into walls
- No lifting or boating over the divider walls
- Keep walkways and doorways free of boats and equipment
- Swimming will be restricted while kayaking is taking place
- The slide, climbing wall and diving board will be closed during kayaking
- Kayakers who are unable to wet exit must be with a partner who is not in a boat

Rules do not keep guests from having fun. They exist for everyone's health and safety, including ours.

Pool Rules

- No running
- No gum
- Swim diapers are required for small children or people with incontinence
- No glass containers in pool area or locker rooms
- Non-swimmers need to be within an arm's reach of an adult in the water at all times
- No rough play
- No shoulder sitting, standing, chicken fights or jumping off the shoulders
- No hanging on lane lines, diving rope or slide rope
- Guests must shower before entering the pool
- No prolonged breath holding
- No hard balls of any kind
- No public display of affection
- Keep all doors and walkways clear of clothes and toys
- No standing on or jumping off divider walls
- No grabbing or touching flags when jumping off the board
- No hanging or climbing on the hand rails- this includes the one by the zero depth pool
- Do not let the children play on or jump off the ladders
- Kick boards and pull buoys are only to be used by lap swimmers swimming in the lap lanes
- Dive in designated areas only
- Diving rules: Must be able to swim 25 meters on your front without stopping; one bounce; go straight off the board; swim to the ladder and get out, only one person is allowed in the diving area at a time; no goggles, balls or floatation devices allowed in the diving area; weight limit 250 lbs.
- Children who are unable to swim 25 meters of the pool are not allowed in the lap pool without an adult- watch for wall crawlers
- Kayakers must wash the inside and outside of their boats before entering the water. If your boat has debris, please make sure you clean it up so it stays out of our pools. You must use the blue mats to enter and exit the pool. The zero depth pool may also be used as an entry or exit. No paddles in the leisure pool. No more than 5 boats in

the leisure pool and no more than 20 boats in the lap pool. No lifting or boating over the divider walls. All kayakers must wear a PFD and a helmet while kayaking. Instructors who are working with kayakers must wear helmets while instructing. Diving board, climbing wall and slide will be closed during kayaking. Swimming will be restricted while there are boats in the water.

- Chairs may not be moved from behind the pillars- think escape route during emergencies
- No food or drink on deck- Only water allowed
- Our pool equipment is for patrons participating in classes- like aquacize, splash class, cardio splash and swim lessons
- Patrons doing therapy with HRRMC may use the equipment in the box on the back shelf.
- Starting blocks may only be used by swim team members in scheduled practices, competitions and instruction when supervised by a certified coach or instructor
- No alcohol beverages or other drug use allowed
- No towels or clothing on handrails
- We are a smoke-free facility

SLIDE RULES

- ❖ 2 GUARDS MUST BE ON DUTY FOR THE SLIDE TO OPEN
- ❖ **ONE PERSON ON THE SLIDE AT A TIME**
- ❖ HOLD ON THE HAND RAILS WHILE CLIMBING STAIRS
- ❖ SLIDE FEET FIRST IN A SEATED POSITION
- ❖ WAIT UNTIL THE LANDING AREA IS CLEAR BEFORE ENTERING THE SLIDE
- ❖ LEAVE THE PLUNGE AREA IMMEDIATELY
- ❖ DO NOT ATTEMPT TO STOP ON THE SLIDE
- ❖ NO HIGH FIVES OR TOUCHING THE SLIDER

- FROM THE SIDE OF THE SLIDE
- ❖ NO FLOATATION DEVICES SUCH AS TUBES OR NOODLES ON THE SLIDE ***LIFEJACKETS AND ARM BANDS ARE OK**

- ❖ ADULTS CAN HELP NON-SWIMMERS OUT OF THE PLUNGE AREA-
THEY SHOULD STAND TO THE SIDE OF THE SLIDE
- ❖ WEIGHT LIMIT: 275 LBS
- ❖ PLEASE OBEY AND RESPECT THE LIFEGUARDS AT ALL TIMES

THANK YOU!!

CLIMBING WALL RULES

- CLIMBERS MAY NOT USE THE WALL WITHOUT THE DIRECT SUPERVISION OF A LIFEGUARD IN CLOSE PROXIMITY TO THE STRUCTURE
- CLIMBERS MUST BE ABLE TO SWIM 25 METERS ON THEIR FRONTS WITHOUT STOPPING
- ONLY ONE CLIMBER IS ALLOWED ON THE CLIMBING WALL AT A TIME.
- THE CLIMB MUST BEGIN FROM THE WATER
- ONLY FEET FIRST ENTRIES ARE ALLOWED WHEN ENTERING THE WATER- NO EXCEPTIONS
- ONLY ONE PERSON IS ALLOWED IN THE DROP ZONE AT A TIME
- LEAVE THE DROP ZONE IMMEDIATELY BY SWIMMING TO THE LADDER OR UNDER THE ROPE
- DO NOT HANG FROM THE TOP OF THE CLIMBING WALL
- FEET ARE NOT ALLOWED ON THE HIGHEST LEVEL OF HAND/FEET HOLDS
- NO DIVING, BACK FLIPS OR HEAD FIRST ENTRIES OFF THE WALL
- PLEASE OBEY AND RESPECT ALL LIFEGUARDS

THANK YOU!!!