



## 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.

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

### POOL RULES

- Pool rules apply during all pool activities
- Children, age 14 and under, need to pass a swim test (swimming 25 meters on chest) to swim without an adult. "Non-swimmers" must have an adult within arm's reach in the water at all times.
- Children age 10 and under must have an adult in the building regardless of swimming ability.
- There must be **one** adult per **three** non-swimmers in the water at all times
- Pool toys are allowed but no hard balls of any kind
- Lifeguards must be present, and on deck, at all times while the guests are in the water
- To prevent slipping, no running is allowed
- To prevent gum ending up in the water, no gum is allowed beyond the lobby
- Swim diapers are required for children that are not yet potty trained or people with incontinence
- For safety reasons, no shoulder sitting, standing, chicken fights, jumping off the shoulders or rough play

- To minimize wear on the lane bolts, no hanging on lane lines, diving rope or slide rope is allowed
- To minimize the amount of chlorine needed to be added to the pool, guests must shower before entering the pool
- To prevent an ‘underwater faint,’ prolonged breath holding or underwater swimming is discouraged
- Public display of affection should be limited
- Doors and walkways should be kept clear of clothes, toys, etc.
- Standing on, or jumping off, the divider walls can be dangerous and is not allowed
- Hand rails (including the one by the zero depth pool) should be used for support and not to hang or climb on
- 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
- Children who are unable to swim 25 meters of the pool are not allowed in either pool without an adult
- To ensure an escape route during an emergency, chairs should not be moved from behind the pillars
- Only water (in a plastic container) is allowed on deck or in the locker rooms; no food/ gum or other drinks
- Starting blocks may only be used by swim team members in scheduled practices, competitions and instruction and must be supervised by a certified coach or instructor
- Towels and clothing should be left in the locker room or on one of the deck hooks
- We are a smoke-free, alcohol-free and drug-free facility

## **DIVING BOARD RULES**

- Must be able to swim 25 meters on your front without stopping
- When the diving area is clear, take one bounce and then go straight off the board
- To prevent black eyes or losing them during the dive, goggles should not be worn
- After the dive, swim to the ladder and get out; only one person is allowed in the diving area at one time
- Weight limit of 250 lbs
- There should be no grabbing or touching flags when jumping off diving board

## **SLIDE RULES**

- Two 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 flotation devices such as tubes or noodles on the slide; lifejackets and arm bands are okay
- Adults can help non-swimmers out of the plunge area; they should stand to the side of the slide
- Weight limit: 275 lbs

## **CLIMBING WALL RULES**

- Must be able to swim 25 meters on your front without stopping
- Climbers may not use the wall without the direct supervision of a lifeguard in close proximity to the structure
- Only one climber is allowed on the climbing wall at a time
- The climb must begin from the water
- 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
- Feet first entries only; no diving, back flips or head first entries off the wall;

## **KAYAKING RULES**

CUSTOMERS' COPY

- 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