

GROUP FITNESS AND AQUATICS

AQUATICS

Steam Room/Sauna/Whirlpool>Showers

- In accordance with the American College of Sports Medicine and Ohio Department of Health guidelines, temperatures will be maintained as recommended at 100-110° in the steam room, 170-180° in the sauna and 104° in the whirlpool.
- Water shoes are recommended in all areas due to wet floors.
- Everyone **must shower** before entering the steam room, sauna or whirlpool.
- Pregnant women, elderly persons and persons suffering from heart disease, diabetes or high or low blood pressure should not use the steam room, sauna or whirlpool without prior medical consultation and permission from their doctor.
- Do not use while under the influence of alcohol, tranquilizers, or other drugs that cause drowsiness or that raise or lower blood pressure.
- For safety reasons, it is advisable to not be alone in steam room, sauna or whirlpool.
- Shaving and bathing are prohibited in the steam room, sauna or whirlpool.
- Please place a towel between yourself and the steam room/sauna benches.
- Allow yourself at least 5 minutes after exercising to cool down before entering the steam room, sauna or whirlpool.
- Observe reasonable time limits (that is, 10 to 15 minutes), then leave and cool down before returning for another brief stay.
- Long exposure may result in nausea, dizziness or fainting.
- Coloring or dying hair is not permitted anywhere in the facility.
- Do not leave clothes, towels or other personal items in the sauna to dry due to fire hazard!
- Newspapers, books and other reading materials are not permitted in steam room, sauna and whirlpool.

Main Lap Pool General Policies

- All participants **must shower** before entering all pools.
- Appropriate swimming attire is required. (No thongs permitted)
- Water shoes are permitted and recommended.
- Horseplay is not allowed, including running, pushing, dunking or throwing.
- Food, drinks (except water) and chewing gum are prohibited. Plastic water bottles with spill proof caps, containing water only, are permitted.
- Children under age of 14 must always be accompanied by a parent and are allowed in the indoor pool areas only during family swim times.
- Shallow diving is **only** allowed from the deep end of the lap pool, with the lifeguard's discretion and permission. No diving from the sides or shallow end. Diving is prohibited in the Outdoor Pool and Warm Water Pool.

- No hanging on lane dividers.
- Circle swimming will be initiated by lifeguard when necessary in main lap pool.
- A minimum of two lap lanes will be open at all times in the main pool.
- The Pavilion staff will provide pool supplies for class and leisure including kickboards, noodles, pull buoys and fins (only in the indoor pools). Children need permission by lifeguard to use these supplies.
- For your safety, inflatable flotation devices such as rafts are not allowed.
- Water wings and flotation vests are not permitted. Only US Coast Guard approved PFD (personal flotation devices) life jackets' are allowed. All children under the age of six need to be within arms length of a parent or responsible adult.
- There will be no use of the swim equipment ie. fins, boards, paddles, noodles, dumb bells during family swim time except during swim lessons or group lessons.
- A handicap lift is available. Please see a lifeguard for usage information.
- Personal training and private swim lessons have priority in the main pool.

Warm Water Pool Policies

Same policies as Main Lap Pool except:

- There is not a lifeguard on duty at the warm water pool, except during scheduled group lessons and family swim. This is a "swim at your own risk" pool.
- All members and guests will share the pool in a courteous and friendly manner.
- The Aquatic Exercise Association and TriHealth management recommend no more than ten participants per lane for your safety.
- If one encounters an emergency in the WW Pool, please contact the lifeguard in the Main Pool for assistance immediately. You may yell or just go over to the guard. The lifeguard will clear the main pool and assist as needed.

Water temperature ranges:

Warm Water Pool 88-90°

Main Pool 80-82°

Warm Water Pool Guidelines

- The warm water pool is designated to serve the following purposes: 1) Physical Therapy (one on one with a physical therapist), 2) therapeutic group exercise classes, 3) private swim lessons, for ages 3-10, and 4) individuals performing exercises of a therapeutic nature. However, six hours per week, nine months per year, out of 110 total hours of availability will be reserved for family swim. Although the warm water pool is primarily for therapeutic exercise and therapy, in order to encourage youth participation and family enjoyment, also in keeping with our

Continued on back

mission, family swims will be programmed and times announced well in advance on our pool schedules and via our website.

- Participants will be required to share lanes during busy periods. It is unreasonable and cannot be expected that one individual will reserve an entire lane for their therapeutic exercise when others are present seeking to participate in their own exercise program.
- One lane will always be kept open for therapeutic exercisers. This means during class times, the main part or big area is considered a lane and non-water fitness participants may be asked to move to accommodate the scheduled class. During scheduled private swim lesson times, the instructor will try to be flexible with the areas they use during their lesson. During physical therapy time, physical therapists and their patients have priority in the use of the pool.
- Our policies and procedures are designed to meet the needs of as many individuals as possible in any given hour. Our scheduled group classes will have precedence over individual exercisers which means individuals must adjust their workout to meet the needs of the larger group.
- There are some members or guests that have medical needs and prefer to have a workout horizontally (swimming) as opposed to vertically (which is water walking or water running). Both types of workouts are allowed in the pool and may require participants to adjust their own private workouts depending on space availability.
- All family swims and private swim lessons will be held in the outdoor pool when it is open with the exception of inclement weather.
- There will be no other programming allowed in the WW Pool unless it is approved by the Aquatics Department. Please read the bulletin boards for the most current programming changes.
- All aquatics concerns or issues need to be addressed directly with the Aquatics Department – first Aquatics Assistant Supervisor, then if not available, Aquatics Specialist 985-6742.

Chairlift Procedures

- The chair lift is designed for members and guests who need assistance entering and exiting the pool. **The chair lift was designed to be self-operable by the occupant.** If you have any questions regarding the use of the chair, feel free to ask the lifeguard. If you need assistance using the chair lift, you may bring an attendant with you to help operate the chair lift. Please see a membership representative regarding our “assistant policy”.

Outdoor Pool Policies and Family Swim Times

- For the safety of your child, a parent or adult guardian (14 years of age or older) must accompany all children under the age of 8.
- Adult locker rooms are accessible to members and guests 14 years of age and older. Younger members (6 weeks to 13 years)

and guests may use the family changing rooms or the boys and girls changing rooms adjacent to the lap pool deck.

- Glass containers are prohibited in the pool area.
- All swim participants must shower before entering the pool.
- No running, pushing or horseplay.
- Diving or unsafe maneuvers are not permitted.
- For your safety, inflatable flotation devices such as rafts are not allowed.
- Children who are not toilet trained must wear a swim diaper and bathing suit.
- Children under the age of 6 years old must be within arm’s reach of an adult or care giver over the age of 14.
- Water wings and flotation vests are not permitted. Only US Coast Guard approved PFD (personal flotation devices) life jackets. All children under the age of six, need to be within arms length of a parent or responsible adult.
- There will be no use of the swim equipment ie. fins, boards, paddles, noodles, dumb bells during family swim time except during swim lessons or group lessons.

Entrance to Outdoor Pool

- All check-ins and entry to the outdoor pool will occur through the front desk. After checking in at the front desk, please go through the family changing rooms and the warm water pool to enter the outdoor pool.

Pavilion Towels

- Don’t forget to bring your own towels for all outside activities. Pavilion towels are for use in the indoor facilities. Beach towels are available for purchase at the Pro Shop.

GROUP FITNESS

- Appropriate clothing is required including non-marking, dry enclosed toe athletic shoes.
- Lockers and cubbies are available for personal items. Personal items are not permitted on the studio floor.
- Participants should arrive on time to avoid disrupting other class members and to get the maximum benefit from the warm-up.
- Weights may be used only under the direction of group fitness instructor.
- Food, drinks and chewing gum are prohibited. Covered water bottles are permitted.
- Consult a group fitness class schedule for class times. Classes and instructors are subject to change.