

## General Pool Rules

### Lap & Leisure Pool Rules

- ≈ Lifeguard instructions must be obeyed at all times.
- ≈ There must be a lifeguard on duty to enter the pool area.
- ≈ State regulations require full body showers before entering the pool.
- ≈ Swim test must be passed by any patron under age 18 wishing to swim in deeper water.
- ≈ Children age nine and younger must be accompanied by a guardian in the pool area at all times (or in the facility upon passing of swim test).
- ≈ Children age 6 and under, or those who can't swim, must have a guardian within arm's reach at all times.
- ≈ Proper swim attire is required for all swimmers. Underwear or street clothing is not proper attire.
- ≈ Watertight swim diapers are required for all patrons who are diaper dependent.
- ≈ No glass containers are permitted in the pool area.
- ≈ No running, pushing, shoving, dunking, or horseplay in pool area, locker rooms, and showers.
- ≈ No flips, belly flops, diving, or twisting jumps off the side/edge of the pool.
- ≈ Starting blocks are not permitted for use without permission or swim coach available on deck.
- ≈ Lap lanes are for swimming laps only. Swimmers may be asked to share lanes and circle swim.
- ≈ Diving is ONLY allowed in the diving well.
- ≈ NO EXTENDED BREATH HOLDING ALLOWED!
- ≈ Swimmers with open sores or wounds or who have had diarrhea within the last 24 hours are asked not to get into the water in accordance with Colorado Department of Public Health and Environment health codes.
- ≈ There is a periodic pool break for 10 minutes for the safety of our guests during open swim.
- ≈ Kickboards and pull buoys are for lap swimmers only in the lap lanes.
- ≈ Only U.S Coast Guard approved life jackers are permitted.
- ≈ No swimming under the bulkhead.
- ≈ Lap lane availability may be limited during swim lessons.
- ≈ Jumping off the pool walls is prohibited in the lazy river. Slide in or use the stairs or ladders to enter.
- ≈ No sitting, standing, or climbing on or over the island in the Leisure Pool.
- ≈ No climbing on play features in the Leisure Pool.
- ≈ No running in the zero-depth area of the Leisure Pool.
- ≈ No excessive rocking in the inner tubes.
- ≈ Please stay off safety ropes and/or lane lines.
- ≈ No food, gum, or drink allowed (except water).
- ≈ Please walk at all times on the pool deck.
- ≈ We encourage a friendly environment; therefore, profanity, vulgar remarks or disrespectful comments may result in expulsion from the facility.

- ≈ Persons under the influence of alcohol or drugs will not be allowed in the pools.

### Diving Well Rules

- ≈ Swimmers must show competency in a swim test or wear a PFD to use the diving board.
- ≈ Only 1 person on the diving board at a time.
- ≈ Divers must wait for the person ahead of them to reach the pool ladder prior to diving off the board.
- ≈ Divers may not sit-drop, spin, or perform inward dives off the board.
- ≈ Divers may only make one approach and one bounce per dive.
- ≈ Divers may not adjust the board without permission from the lifeguard.
- ≈ No hanging on the diving board.

### Climbing Wall Rules

- ≈ Lifeguard must be on duty.
- ≈ Experienced swimmers only.
- ≈ One climber at a time on the wall.
- ≈ Only one swimmer at a time in the Drop Zone.
- ≈ No diving and no backflips. Feet first entries only.
- ≈ Flotation devices are not permitted.

### Slide Rules

- ≈ No headfirst sliding. Slide lying on back, feet first only.
- ≈ Adult supervision recommended.
- ≈ Strong swimming ability recommended.
- ≈ Weight limit 300 lbs.
- ≈ Users must be 42" or taller to ride.
- ≈ Follow the instructions of the lifeguard.
- ≈ No running, standing, kneeling, rotating, tumbling, or stopping in the slide.
- ≈ Only one person at a time. Forming "chains" is prohibited.
- ≈ Do not use the slide while under the influence of alcohol or drugs.
- ≈ Leave slide runout promptly after stopping.
- ≈ Life jackets and puddle jumpers are NOT allowed on the slide.
- ≈ Only 3 swimmers on the stairs or platform at a time.

### Hot Tub Rules

- ≈ The hot tub will close when the temperature dips below 27° F (-2.8° C).
- ≈ Children ages 6 and under are not permitted in the hot tub.
- ≈ Children ages 7 to 15 must be accompanied by an adult.
- ≈ State regulations require full body showers before entering the hot tub.

- ≈ No person suffering from a communicable disease transmittable via water shall be allowed to enter the spa.
- ≈ Pregnant women should not use the spa without consulting their physician.
- ≈ Elderly persons, or anyone under a physician's care, and those suffering from heart disease, diabetes, or high blood pressure should not enter the spa without prior medical consultation and permission from their doctor.
- ≈ Do not use the spa while under the influence of alcohol, drugs, or any medications that may cause sleepiness, drowsiness, or raise/lower blood pressure. Anyone taking prescription medication should consult their physician first.
- ≈ Patrons should spend no more than fifteen (15) minutes in the spa at any one session.
- ≈ No running, horseplay, or engaging in unsafe activities in or around the spa.