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**Pool Rules & Safety**

Pool Rules & Safety Regulations – this facility is not protected by lifeguards, members swim at their own risk.

**The Hopedale Wellness Center Pool is here for all our members. We ask that you respect each other’s time and space by understanding that everyone has a purpose for being here. We are extremely happy that we can offer our pool once again.**

**Age Restrictions:**

* Persons under the age of sixteen must be accompanied in the pool area by a parent, guardian, or other responsible person at least 16 years of age. (IDPH regulation)
* Swimming alone is not recommended.

**Refusal of Admission:**

* Admission to either pool shall be refused for all persons having a contagious disease, infectious conditions such as colds, fever, ringworm, foot infections, skin lesions, diarrhea, vomiting, inflamed ear discharge or any other condition that has the appearance of being infectious.
* Persons with excessive sunburn, abrasions which have not healed, corn plasters, bunion pads, adhesive tape, rubber bandages, or bandages of any kind shall be refused admittance.
* No person shall be allowed to enter the pool while under the influence of drugs or intoxicating substances or alcohol.
* Smoking, vaping or any type of tobacco product is not allowed anywhere on the Hopedale Medical Complex property.

**Children in Locker Rooms:**

* If you have children the age of five and over that are of the opposite gender than the parent, do not use the regular locker rooms, please use the private locker rooms in the pool hallway.

**Food and Drink:**

* No food, gum, or drink (except water) is permitted on the pool deck.
* No glass objects are allowed on the pool deck.

**Littering:**

* Littering of any type is prohibited.

**Horseplay:**

* No horseplay such as uncontrolled throwing of objects, dunking, shoulder rides, boisterous play, or running on the deck is not allowed.
* Swimmers shall conduct themselves as to promote a family atmosphere and allow maximum enjoyment of the pool by others.

**Diving:**

* Diving of any type in either pool is NOT allowed. Any jumping should be made straight out into the pool. Running, front and back flips, back dives and twirls are not permitted when jumping from the side into the pool.

**Ladders and stairs** **and ramps:**

* These are for entry and exit purposes only. Do not sit, play, jump off or block any of these access points. The railings are used for safety, do not hang, or play on them.

**Lifeguards:**

* There is not a lifeguard onsite. Swim at your own risk. The pool is under video surveillance and our staff is trained in CPR/AED. Additionally, our staff would initiate the emergency action plan for the pool in the event of an incident. There is a phone in the pool area.

**Health and Hygiene**

* All swimmers must shower before entering the pool area.
* Pool water is not suitable for drinking. Avoid swallowing pool water.
* No lotions, soaps, oils, or other type of analgesic cream allowed in the pools.

**Diapers:**

* Children not fully potty-trained must be wearing a ***swim diaper*** *(*regular diapers are not permitted).
* Children cannot be changed on the pool deck. Diaper and clothes changing needs to take place in the locker room.

**Footwear:**

* No street shoes allowed on the deck except for HMC staff. Shoe coverings are available for those who are watching their child participate in swim lessons.
* Aquatic shoes are the only type of footwear allowed in either of the pools.

**Wheelchair and Assistive Devices:**

* Only clean wheelchairs are allowed in the pool. The HWC has an aquatic wheelchair that a person can transfer to in order to be able to wheel down on the ramp in the pool.
* The lift chair in the therapy pool is only for those individuals that are unable to lower themselves in the pool via the stairs.

**Clothing:**

* Everyone must wear an appropriate swimsuit in the pool.
* No leotards, string bikinis, speedos or revealing swimwear is prohibited.
* This also includes jeans, jean shorts or dri-fit material that is revealing.
* No t-shirts are allowed to be worn in the pool. Exceptions can be made for those in the aquatics class or physical therapy and our swim instructors.

**Misbehavior:**

* Spitting, spouting of water out of the mouth, blowing the nose or otherwise introducing contaminants into the pool is not permitted.
* Foul language or inappropriate conversation is prohibited.
* Personal display of affection or similar types of behavior is prohibited.

**Acceptable Pool Toys & Equipment:**

* Small water toys, balls, dive sticks, rings, snorkels, masks, fins, and noodles. Water aerobics barbells, kickboards and belts included if used properly.

**Pool Toys & Equipment NOT ALLOWED:**

* Basketballs, footballs, water guns and other hard plastic toys are not allowed.
* **Rafts, inner tubes, loungers, or any type of blow-up devices are not permitted because** these items create “blind spots” and are unsafe for patrons. The only exception to this rule is approval by the manager for private rentals only.
* No floatation devices including but not limited to: life jackets, arm wings, inner tubes, etc. are allowed in the pool. Exceptions can be made for those participating in formal physical therapy and those with disabilities.

**Weather**

* In the event of severe lightning within 10 miles of the Wellness Center or a severe weather warning. You will be asked by staff to leave the pool area and go to the locker rooms until given all clear to return to the water.

**Fire**

* In the event of a fire, you will be notified by staff to clear the building. This will be done by using the safest exit route directly out the building. This exit is the back door and across the street to the school.

**Therapy Pool**

* The primary use of this pool is to provide aquatic therapy to patients conducted by the physical therapists and physical therapy assistants.
* When therapy sessions are occurring, the therapist is the person in charge of all activities in that pool at that time.
* You can use this pool during this time, but we require that you ask permission from the therapist to turn on jets and perform activities in this pool. The reason is that we cannot create an environment unsafe for the patient.

**Wellness Center Staff – Tear Off This Sheet and Place in Membership File.**

1. **These rules are in place to ensure a safe and enjoyable environment of all persons in the pool area.**
2. **The Hopedale Wellness Center has the authority to implement and enforce rules that are most stringent or that supplement those listed on this document.**
3. **The Hopedale medical Complex and its representatives have the authority to remove any person that is in violation any of these rules.**

Acknowledgment of Reading and Understanding.

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_have thoroughly read and understand the rules and regulations set forth in this document and understand that any violation may result in myself or my represented parties to be asked to immediately leave the premises without any refunds or compensation.

Responsible Person 18 years+ (print name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_

Phone Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I am the responsible person for those under my membership or guest pass and understand that I am responsible for these individuals and educating them on the rules set forth in this document:

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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