

# Club One

## Aquatic Center Pool Rules

- \*Swimming permitted only when Lifeguard is on duty.
- \*Lifeguard whistle blasts signal problems. When you hear a whistle, stop what you are doing immediately and look to lifeguards for instruction. 3 blasts of the whistle signify EMERGENCY. Swimmers must exit the pool immediately.
- \*All members and guests must shower with soap & water prior to entering the pool/spa.
- \*Anyone with open wounds or sores, contagious diseases, etc. are not permitted to enter the pool/spa.
- \*Children under the age of 13 must be closely supervised by an adult within the Aquatics Facility. Lifeguards are permitted to restrict pool usage based on the skill level of swimmers. Swimmers under the age of 6 yrs old must have an adult within arm's reach in the water. Swimmers 7-13 yrs old must have an adult on deck supervising.
- \*Children who are still in diapers are not permitted into the lap pool. Children must wear proper swim diapers in the children leisure pool.
- \*The deep end of the pool is limited to use by those who pass the deep water test. This test consists of swimming 1 lap of the pool and treading water for at least 1 minute.
- \*Steps and ladders must remain clear at all times
- \*No Diving
- \*No running, pushing, or horseplay is permitted.
- \*No glass, animals, alcohol, or smoking permitted.
- \*Only regulation flotation devices are permitted in the pool. No inner tubes, armbands, etc. Must be coast guard approved PFDs.
- \*Inappropriate attire will not be permitted and is at the discretion of Club One's management and Lifeguards on duty.
- \*In the event of an electrical storm the pool and pool deck will be cleared until 30 minutes of the last strike of lightning.
- \*No strollers are permitted on deck.
- \*Children under 18 are not permitted to utilize the Jacuzzi/spa.
- \*Club One's management and staff reserve the right to prohibit any behavior or actions that place any guest or members in danger.
- \*You may not enter the pool until your Lifeguard is on deck.
- \*All parents/children are responsible for picking up trash, food, bottles, and straightening pool furniture at the end of practice.

### Assumption of Risk Fitness Representations Arbitration

The use of the facilities at Club One Fitness & Aerobics naturally involves the risks of injury to you, whether you or someone else causes it. As such, you understand and voluntarily accept this risk and agree that Club One Fitness & Aerobics will not be liable for any injury, including without limitation, personal, bodily or mental injury, economic loss or any damage to you, your spouse, unborn child or relatives resulting from negligence or other acts of Club One Fitness & Aerobics or anyone else using the facilities. If there is any claim by anyone based on any injury, loss, or damage described here, which involves you, you agree to (1) defend Club One against such a claim and pay Club One for all expenses relating to the claim and (2) indemnify Club One for all liabilities to you, your spouse, unborn child, or relatives or anyone else resulting from such claims. Further, you represent that you are in physical condition and have no medical reason, impairment, or disability that might prevent you from using all Club One facilities. As such, you acknowledge that Club One did not give you medical advise before you joined and cannot give any after you join, relating to your physical condition and ability to use the facilities. If you have any health or medical concerns now or after you join, discuss them with your doctor before using the facilities.

I have read and fully understand the Rules and Assumption of Risk above.

\_\_\_\_\_ Child's Name    \_\_\_ Age  
\_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_ Parent Printed

Name

Parent's Phone Number \_\_\_\_\_