

# Pool Rules:

**The following rules are for your safety and will be changed or added to as situations warrant. The lifeguard may make any decision, limit any activity, or remove anyone from the aquatic facility to maintain appropriate levels of safety. No swimming is allowed without a lifeguard on duty. Please observe pool hours.**

1. Showers must be taken before entering the pool.
2. No running, horseplay, spitting, excessive noise, dives, flips or reverse jumps.
3. No hanging or sitting on the ropes or lane markers.
4. No hanging or playing on the stairs.
5. No water wings, flotation devices, or toys are allowed.
6. Bathing suits only in the pool.
7. Sportsplex- New Windsor is a smoke-free environment, both inside and outside.
8. No Person with a communicable or infectious disease is allowed to use the pool.
9. Lap lanes are for lap swimmers only. Adults, 18 years of age and older will receive priority.
10. Parent MUST supervise their children. Parents should be in close proximity of their toddlers and non-swimmers at all times. Children ages 8-14 may be in the aquatics center, unaccompanied, after they have successfully completed the club administered swim test. This test DOES NOT give permission for the use of the spa and is limited to the use of the pool. Parents should report to the lifeguards the area of the Club they can be found in case of emergency and therefore, MUST remain ON SITE.
11. The equipment is for instructional purposes only. They are not toys. Use is by permission only and must be returned to the lifeguard immediately after use.
12. No changing clothing on the pool deck. All members and guests are required to use the locker rooms. Children aged five and over are required to use the gender appropriate locker rooms.
13. Children not potty trained are to be wearing a swim diaper.
14. Alcoholic beverages must be consumed under the tent of the Café area. No alcohol may be consumed on the pool deck.
15. Coolers and picnic baskets are not permitted in the club or aquatic facility. Food delivery to the Club from an outside vendor is not permitted.



# Spa Rules:

The average year round temperature is 102 degrees.

1. Showers must be taken before entering the spa.
2. Do not use the spa alone.
3. Do not use while under the influence of alcohol, anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, narcotics, or tranquilizers.
4. Elderly persons, pregnant women and persons suffering from heart disease, diabetes, high blood pressure should not use the whirlpool until they consult with their physician.
5. Do not use the spa when the temperature is greater than 104 degrees.
6. Observe a reasonable time limit (i.e. ten minutes), then shower, cool down and if you wish, return for another brief stay. Long exposure may result in nausea, dizziness or fainting.
7. Do not shave, bath or shampoo hair in the spa.
8. No person with a communicable or infectious disease is allowed to use the spa.
9. No hanging or sitting on railings
10. No swimming or exercising in the spa.
11. **Children under the age of 6 are not permitted to use the spa. Children ages 6-13 must be directly supervised by a parent/ guardian. If the temperature is over 102 degrees, no child under the age of 15 will be permitted in any spa.**



\*Sportsplex-New Windsor aquatic facility follows the laws set forth by the New York State and Orange County Board of Health Codes\*