

## NRH Centre Aquatic Facility Rules

### **General Rules**

**NRH Centre Aquatic Facility operating hours will vary based on designated programming and recreational open swim times. Schedule will be posted.**

- Running or horseplay of any kind is prohibited.
- Diving is prohibited.
- U.S. Coast Guard approved flotation devices only.
- Use of including but not limited to: water wings, toys, rafts, inner tubes, noodles, tennis balls, Frisbees, facemask or small rings are strictly prohibited.
- Use of swim diapers for non-toilet trained patrons is required. Regular diapers are prohibited in the pool. Swim diapers are available for purchase at the main lobby front desk.
- For sanitary reasons, all clothing and diaper changes must be made in designated areas within the family changing room or locker rooms.

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- Adult/Guardians must be at least 16 years of age.
  - Adult/Guardians of children age 6 and younger must be wearing a bathing suit and actively participating in the water within arms-length away from their children at all times.
  - Adult/Guardians of children age 7-10 must remain in the Aquatic Area at all times.

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- No swimmers will be allowed in the pool during electrical storms.
  - A cleansing shower before entering the pool is required by all swimmers.
  - Properly maintained swimsuits only. Cutoffs or leotards are prohibited.
  - Anyone with open cuts, wounds or communicable diseases will not be permitted in the pool.
  - Glass containers or food is prohibited in the pool area including gum and candy.
  - Anyone under the influence of alcohol or other intoxicating substances is not permitted in the pool.
  - Animals are prohibited in the pool. Service animals are allowed on the deck.

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- The NRH Centre is not responsible for lost, stolen or damaged personal items.
  - NRH Centre Personnel reserve the right to enforce other rules as necessary to ensure the safety of our members and guests.
  - The First Aid station is located at the First Aid office located on the west side of the pool deck. Please see staff for assistance.
  - Emergency telephone is located on the southwest wall located near the spa.
  - Use of the aquatics area is for members and day pass guests only.
  - The maximum pool capacity is 324.

**Please be advised that the NRH Centre lifeguards take part in active training during operating hours. In the event that there is a training exercise, the aquatic staff will notify all guests.**

## ***Lap Lane Rules***

- Lap Lanes are for continuous lap swimming; please use proper lap swim etiquette.
  - Circle swimming is required during peak usage.
  - Hanging, sitting, or climbing on lane lines, railings or safety ropes is prohibited.
  - Please consult the current pool schedule for lap swim availability.
  - Schedule subject to change due to programming and events.
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## ***Kiddie Slide Rules***

- Riders must be at under 48" to ride the Kiddie slide.
  - All riders must be in good health. Individuals with medical conditions including, but not limited to, pregnancy, heart or back problems should not ride.
  - Only one person at a time may ride.
  - All riders entering slide must do so feet first with arms crossed across the chest, sitting up or lying down. No standing, kneeling, rotations, tumbling or stopping on the slide.
  - Follow the lifeguard's instructions at all times.
  - Riders must exit the splash lane quickly.
  - Riders must wait until the splash are is clear before going down the slide
  - Parents are not allowed to catch children at the bottom of the slide.
  - Riders assume all risk of injury due to misuse of the slide or failure to follow the slide rules.
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## ***Spa Rules***

- The whirlpool maximum capacity is 32.
  - A cleansing shower before entering the pool is required by all swimmers.
  - Properly maintained swimsuits only. No cutoffs or leotards are prohibited.
  - No swimmers will be allowed in the pool during electrical storms.
  - Anyone with open cuts, wounds or communicable diseases will not be permitted in the pool.
  - Children 3 years of age and under are prohibited from using the spa. Children 4 – 9 years of age **must be** accompanied by an adult.
  - It is recommended to limit use of the spa to no more than 15 minutes.
  - It is recommended to not submerge completely in the spa due to the extreme water temperature.
  - Individuals with pre-existing health problems, such as obesity, heart disease, high or low blood pressure, circulatory problems or diabetes should consult their physician before using the spa.
  - Individuals taking medications should consult a physician before using the spa.
  - Individuals who are or may be pregnant should consult a physician before using the spa.
  - The spa is not to be used immediately after strenuous exercise.
  - No oil based products.
  - Walking, sitting, or jumping over the edge of the spa walls is not permitted.
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## • ***Slide Rules***

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- Rider must be at least 42" to ride the 17 foot body slide.
- All eyewear and floatation devices must be removed - No lifejackets, goggles, eyeglasses, water shoes, sharp items or wallets are allowed on the waterslide.
- All riders must be in good health. Individuals with medical conditions including, but not limited to, pregnancy, heart or back problems should not ride.
- Only one person at a time may ride.
- All riders entering slide must do so feet first with arms crossed across the chest, sitting up or lying down. No standing, kneeling, rotations, tumbling or stopping on the slide.
- Follow the lifeguard's instructions at all times.
- Riders must exit the splash lane quickly.
- Parents are not allowed to catch children at the bottom of the slide.
- Riders assume all risk of injury due to misuse of the slide or failure to follow the slide rules.

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## ***Resistance Channel Usage***

- Be courteous to fellow swimmers using the resistance channel.
- Use of the resistance channel must be done so moving against the current.
- Pass others on the left.

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## ***Rock Climbing Wall Rules***

- The plunge pool capacity is 25 during non-climbing use.
  - Climbers must be at least 7 years of age and comfortable swimming in deep water.
  - Follow the lifeguard's instructions.
  - Climbing wall use is on a first come first serve basis.
  - Only one climber at a time on the wall.
  - Only one climber at a time in the plunge pool.
  - Climbers must be comfortable in deep water.
  - Climbers must fall feet first only into the plunge pool.
  - Participants must exit the plunge pool quickly to allow for the next climber.
  - Parents are not allowed to catch children in the plunge pool.
  - Anyone with open cuts, wounds or communicable diseases will not be permitted in the pool.
  - Running or horseplay of any kind is prohibited.
  - Use of including but not limited to floatation devices, goggles, water wings, Frisbees, facemask or other toys are strictly prohibited.
  - Eye glasses are prohibited.
  - All climbers must be in good health. Individuals with medical conditions including, but not limited to, pregnancy, heart or back problems should not climb.
  - Report any loose or potentially dangerous conditions to aquatic staff on duty.
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