

## **DIVING BOARD RULES**

- One person at a time allowed on the diving board.
- No cartwheels, handstands, sitting or hanging off the diving board.
- Only one bounce on the board is allowed before diving.
- Divers must swim directly to the nearest ladder and leave the diving area.
- No swimming or playing in diving area when diving board is being used.
- No one is allowed to catch another person off the diving board.
- The lifeguard may restrict certain dives based on safety concerns.
- The lifeguard may close the diving board based on safety concerns.
- Diving board is closed when no lifeguard is on duty.

## SPA PATRON RULES & REGULATIONS

- IDPH strongly encourages a soap shower before using spa and pools.
- Swimsuits are required. Workout attire is not allowed in Spa.
- Elderly persons, pregnant women, persons using prescription medications, and persons suffering from heart disease, diabetes or high blood pressure should consult a physician before using the spa.
- Persons should not use the spa alone.
- Persons should not spend more than 15 minutes in the spa at any one session.
- Children under the age of 16 must be accompanied by a responsible person 18 years of age or older. Adult must be in the water or within arm's reach of child/children they are supervising.
- The posted spa user capacity must not be exceeded.
- No lifeguard is on duty in spa area.
- Due to higher temperatures, toys and lifejackets are not allowed in the spa.
- Spa Temperature ranges from  $102^{\circ}$  to  $104^{\circ}$ F.

## MAXIMUM SPA OCCUPANCY: 9 PERSONS