

Resource Connection Aquatic Center Orientation

OUR GOAL HERE AT THE RESOURCE CONNECTION AQUATIC CENTER IS FOR OUR MEMBERS TO HAVE A SAFE AND ENJOYABLE AQUATIC EXPERIENCE. OUR FACILITY RULES AND GUIDELINES HAVE BEEN CREATED TO ENSURE BOTH YOUR SAFETY AND WELL-BEING. WE ASK THAT YOU ADHERE TO THE RULES AND GUIDELINES PROVIDED.

Facility Rules and Guidelines

1. You may not enter the water unless a Resource Connection lifeguard is present on stand.
2. No running or horse play on the deck or in the water.
3. No Diving (Aquatic Director approval is required for any/all exceptions).
4. Children under the age of fourteen (14) must be accompanied and within arm's reach of a legal guardian at all times. Children and/or legal wards may not be left alone on the deck while legal guardians are in the water, or vice versa.
5. Children between the ages of fourteen (14) and eighteen (18) must have a legal guardian present, in the facility, at all times.
6. No food is allowed into the facility.
7. No drink apart from water and sports drinks is allowed into the facility.
8. No glass and/or breakable containers are allowed into the facility.
9. Soap shower is required before entering the pool or spas.
10. Under no circumstance is alcohol, in containers or consumption, permitted on the premises.

THE FACILITY RESERVES THE RIGHT TO PROHIBIT ENTRY ONTO THE PREMISES TO ANYONE WHO APPEARS UNDER THE INFLUENCE OF ALCOHOLIC BEVERAGES, PRESCRIPTION DRUGS, AND/OR CONTROLLED SUBSTANCES. PERSONS DISPLAYING OBJECTIONABLE BEHAVIOR AND/OR VIOLATING THE RULES OF THE RESOURCE CONNECTION AQUATIC CENTER MAY BE REMOVED FROM THE FACILITIES AND PRIVILEGES MAY BE REVOKED.

11. The Lifeguard and Aquatic Center Staff have the final authority.
12. All Aquatic Center rules must be followed at all times. Those in violation may be removed from the facility and privileges may be revoked.

Proper Facility Attire

1. Infants/Toddlers are required to wear swim diapers in the facility.
2. Bathing Suits must be worn at all times in both the pool and spas.
3. Exercise/Workout Attire is not a bathing suit and is not permitted as a substitute.
4. Bras/Sports Bras are not a substitute for a bathing suit. They may be worn underneath a bathing suit though it is not recommended.
5. Basketball and cutoff shorts are not a substitute for a bathing suit and are not permitted.
6. Tank tops or t-shirts, without a bathing suit underneath, are not permitted.
7. Underwear beneath a bathing suit is not permitted.

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Spa Rules and Guidelines

1. You may not directly enter to the pool after using either spa. After using the spas, you must sit out away from all bodies of water for 15 minutes to ensure your body temperature has returned to normal.
2. Use of the spas is limited to fifteen (15) minutes. Do not exceed fifteen (15) minutes in either spa. The time limit is for single or collective spa use. Repeated violations of the spa usage time limit can result in revoked privileges.
3. No children under the age of fifteen (15) may enter either spa.
4. Spa use is not recommended for participants who are pregnant, have heart disease, high blood pressure, or are on medications with heat sensitivities.
5. No exercise or strenuous activity is permitted in either spa.

Locker Room Guidelines

1. Only Male caregivers are allowed in the Men's dressing room.
2. Only Female caregivers are allowed in the Women's dressing room.
3. Lock-up your valuables or take them with you. The facility is not responsible for items lost or stolen.
4. Items that are left may be thrown or away or donated to various organizations.
5. Do not dress in bathroom stalls or shower areas. Others may be waiting to take a shower or use the restroom.
6. Diapers and feminine hygiene products must be placed in proper receptacles; not in the toilets.
7. Regular diapers and feminine hygiene pads are not allowed into the pool.
8. Limit showers to three (3) minutes while others are waiting.
9. The individual bathroom is intended for use by members and families with disabilities, as well as members and families with wards and/or children of the opposite sex.

Water Etiquette Guidelines

1. Aquatic Classes and Programming have priority over the open swim area.
2. In the event of ongoing classes and programming, you must walk around the ongoing programming; not through it.
3. If the lap swimming lanes are reserved and/or full, you may use the open swim area if there are no aquatic classes in progress.
4. Aquatic Classes begin promptly at the scheduled times with no less than three (3) participants. If you are late for a class, for your safety you must perform your own warm-up for five (5) minutes before joining the class in progress.
5. As you may be aware, acoustics in the pool are very poor, and it can be difficult for some members to hear instructions. Please be courteous to fellow members; use a low voice, and keep talking while participating in a class to a minimum.

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Pool Equipment Guidelines

1. You may use any of the facility equipment to perform your own workout. However, you must use the equipment for its intended use and return it to its' proper place.
2. Children should not use the exercise equipment without direct supervision from a legal guardian.
3. Please do not bring outside equipment to our facility without permission from the aquatic staff. All outside equipment must receive approval from the lifeguard on duty prior to use in the facility.
4. The Aquatic Center is not allowed to store personal equipment. If you bring outside equipment, you are responsible for transporting it both to and from the facility.
5. All floatation devices must be Coast Guard approved. No water wings or inflatables are permitted. The Aquatic Center can provide Coast Guard approved flotation devices if needed.

Inclement Weather

1. In the event of lightning and/or thunder, all participants must exit all bodies of water and remain away from all bodies of water until no thunder or lightening has occurred for a full thirty (30) minutes.
2. For every event of lightning and/or thunder, the thirty (30) minute wait time will reset.
3. If lightning or thunder persists more than an hour, the facility will close until the thunderstorm has passed or for the remainder of the day.
4. In the event of a tornado or other natural disaster, all participants must exit all bodies of water and enter into the locker-rooms; our facility designated safe shelter.
5. Participants are not required to take shelter within the facility. If the participant chooses to leave the facility during a natural disaster, they do so upon their own free will with the knowledge that there is an environmental threat.
6. In the event of snow or ice that causes hazardous driving or falling conditions, the facility will close. In the event of a county weather closure, a closure notification will be recorded as the outgoing message of the Aquatic Center voicemail.

Campus Emergency Lockdown

1. In the event of a Campus Emergency Lockdown, all participants must exit all bodies of water and may enter into the locker-rooms; our facility designated safe shelter.
2. Participants are not required to take shelter within the facility. If the participant chooses to leave the facility during a Campus Emergency Lockdown, they do so upon their own free will with the knowledge that there is an imminent threat.
3. All lights within the facility will be extinguished, and all exterior doors will be locked.
4. The facility will remain in the Campus Emergency Lockdown until the all clear is given by County and Resource Connection officials.

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I acknowledge that I have read and understand the facility rules and guidelines, and agree to adhere to all facility rules and guidelines. In the event that I am a parent or legal guardian of a ward, I acknowledge that I have notified my child/ward of the facility rules and guidelines, and they understand and agree to adhere to all facility rules and guidelines.

I acknowledge that by violating these facility rules and guidelines I, and/or my child/ward, may be removed from the facilities and privileges may be revoked.

Participant Signature

Date

Participant Name Print

Date

Minors / Legal Wards:

Participant Name Print

Date

Relationship to Participant

Date

Participant Name Print

Date

Relationship to Participant

Date

Participant Name Print

Date

Relationship to Participant

Date

Participant Name Print

Date

Relationship to Participant

Date