



Cary Grossman Health & Wellness Center

Pool & Spa Guidelines

Rehab & Wellness strives to promote healthy lifestyles and behaviors. As such, I, Agree to abide by the guidelines listed below in order to maintain my privileges to utilize the services and facility.

Pool Rules:

- No diving or jumping in the pool. Lap swimming is not permitted.
- Please shower before and after entering the pool.
- No food, gum, or drink in the pool area except water.
- No running on the pool deck.
- Please towel dry before entering the locker rooms.
- Do not enter the pool with open wounds or band-aids.
- There is no lifeguard supervision. **Please let a staff member know if you will be in the pool alone.**
- Rinse all equipment after use and return to closet.
- Please wear aqua shoes or some footwear other than the shoes worn to the facility to protect feet and avoid slipping on deck.
- Pool may be used only during scheduled times. Pool may not be used during aquatic therapy.
- Due to the pool pump being located outside, when weather conditions are unsuitable, all participants must exit the pool until deemed safe by an employee. If there is lightning and thunder the pool must be closed for 30 minutes.
- Make every attempt not to splash another patient/member.
- The door to the outside in the pool area is not for wellness members to enter and exit. The door is an emergency exit as stated by the fire dept.
- All equipment used by participants will be returned to their proper locations.

Spa Rules:

- **Do not enter if you have any form of incontinence.**
- Do not enter if you are pregnant.
- Do not enter if under the influence of alcohol.
- Do not enter if blood pressure is elevated.
- Please shower before and after entering the spa.
- No food or drink allowed in the spa.
- The spa is not to be used by individuals with high blood pressure, cardiac circulatory problems and diabetes.
- Do not enter if taking tranquilizers, antihistamines, or anticoagulants.
- Please do not turn spa jets on during classes.

For the safety and enjoyment of all of our members, your cooperation is greatly appreciated. In order to maintain our safe and enjoyable center, we will be enforcing these guidelines and codes.

It is expected that all our members will abide by these guidelines. Repeat offenders may be asked to relinquish their membership at the discretion of management.

My signature signifies my understanding and acceptance of the above rules and regulations as implied and/or stated.

Print: _____ **Signature:** _____ **Date:** _____
