

# Aquatics Center at Body Zone Sports and Wellness Complex

## General Information / Rules and Regulations

Welcome to Body Zone's Aquatics Center! In an effort to maintain the competition and hydrotherapy pools safely and efficiently, we've assembled an overview of our rules and regulations for members and guests. These have been formulated through years of experience and are in compliance with the National Pool and Spa Institute, as well as the PA Department of Health (Title 28, Chapter 18 - parts 1 and 2).

### GENERAL RULES FOR COMPETITION AND HYDROTHERAPY POOLS

1. Individuals 12 years old or older must be able to swim the length of the pool in order to use the pool without supervision from a parent or guardian. Special circumstances include instructional classes, clinics or as deemed appropriate by the Aquatics Coordinator.
2. Children under the age of 12 must be accompanied by a parent or guardian at all times unless participating in a Body Zone program.
3. All members and guests MUST check in at Guest Services before entering the pool or locker rooms.
4. Please shower before use of either pool.
5. All members with shoulder length hair or longer MUST wear a bathing cap or keep it tied.
6. Bathing suits must be worn at all times. No cut off pants or undergarments allowed.
7. Bandages or open wounds or sores will prohibit pool use. Please consult an aquatics staff member with any first aid care or special needs.
8. All infants and toddlers not potty trained MUST wear a swimming diaper which must be approved by the Aquatics Coordinator.
9. Lockers are day use only. Locks will be removed if left overnight.
10. No running on pool deck.
11. No food, drink or candy allowed while in the pool or on the pool deck. Exceptions include water bottles for hydration during workouts. No glass allowed in the pool area.
12. No horseplay or excessive noise, including music or radio play, allowed at any time. This includes personal handheld devices.
13. Emergency exit signs are posted.
14. Please be courteous to all pool guests including those who are handicapped or disabled.
15. Please read posted rules for updates and changes.

**Body Zone's Family Changing Area is for children, four years and older, and is located at the far end of the competition pool. Children ages 4+, OF THE OPPOSITE SEX, are not permitted in locker rooms. Please enter and exit the pool area via the door from the lobby. Restrooms are located in our main lobby.**

**For more information or questions, please contact:**  
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**bodyzonesports.com**

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Sports and Wellness Complex



### **COMPETITION POOL**

Description: six-lane, 25-yard, 3'6" to 7" graduated depth, temp: 82-84 F

1. No lane reservations permitted. The aquatics staff will do its best to accommodate your needs. Members will be asked to share their lane with other members. If a patron would like to swim and there are no lanes available, members will be asked to circle swim.
2. Lanes are for lap swimming only. Water walkers should use recreational area.
3. Equipment use is for all members except for when classes are in session. Please replace all equipment after use.

### **HYDROTHERAPY POOL**

Description: 200 sq. ft., depth 3'-4', temp: 98 F

Above rules apply plus the following:

1. Please shower before entering pool.
2. No children under the age of 16 permitted in the hydrotherapy pool. Exceptions include participants in Swim School, aquatic therapy and private instruction.
3. Older adults, pregnant women and infants need physician consultation prior to use of hydrotherapy pool.
4. Hot water immersion while under the influence of alcohol, drugs, narcotics or medication may lead to serious consequences and is prohibited.
5. Entry into the hydrotherapy pool is permissible only from the stairway.
6. No diving at any time.
7. There is a 20-minute time limit for all users.
8. Anyone with bandages concealing open wounds or sores, may be prohibited from using the hydrotherapy pool. Please see the Aquatics Coordinator prior to entrance.

### **PLEASE NOTE:**

The Aquatics Coordinator, Lifeguard on Duty, Manager on Duty and General Manager have the right to deny any person at any time access to the Aquatics Center and have the right to alter, change or modify any of the listed rules and regulations in the interest of safety and community health.