



## Aquatic Area Rules & Etiquette

- 1) Swimsuits must be worn at all times, including use in the Men's and Women's Steam Rooms, Coed Sauna and Jacuzzi.
- 2) No shoes are allowed in the aquatics area unless covered by supplied blue shoe covers.
- 3) Diving is hazardous and not allowed.
- 4) Please share lap pool lanes when it is busy. We suggest swimming in a circular pattern.
- 5) Individuals with open wounds or sores should not enter the Men's and Women's Steam Rooms, Coed Sauna, Lap Pool, Warm Water Therapy Pool and Jacuzzi.
- 6) No running.
- 7) No horseplay, pushing, wrestling, etc.
- 8) Please put kickboards, pull buoys and other swim related devices back in the bins where you found them.
- 9) No food, beverages, glass bottles are allowed in the pool area.
- 10) Phone usage is prohibited whether it is talking, texting, or taking photos/video. The only areas in the facility this is allowed is in the lobby and near Frullati Café.
- 11) Please make sure your towel(s) get put in a dirty towel bin after use.
- 12) When a lifeguard is present, please respect their directions. They are here for your safety.
- 13) When a lifeguard is not on duty, safety is your responsibility.
- 14) No children 15 and under are allowed in the Jacuzzi or Warm Water Therapy Pool. Only during supervised Buffalo Grove Fitness Center aquatic programs are children 15 and under allowed in the Warm Water Therapy Pool.
- 15) Please be respectful during our aquatic classes. These areas are reserved during the posted hours.
- 16) No electronic device usage allowed. Includes video cameras, tablets, cameras, mp3/iPod, etc.
- 17) Other information may be posted in the aquatics area. For your safety and knowledge please take time to be familiar with them.
- 18) Schedules that are posted are subject to change due to enrollment size.

**Effective 3/20/12**

**Aquatic Area Rules & Etiquette are designed to keep our facility clean, organized, safe and most of all a great experience for our members and guests every time they visit. Please abide by them to create the best atmosphere possible for everyone!**