

# HOT TUB POLICIES

- Enter and exit the hot tub slowly.
- Proper swim attire is required.
- No jumping or diving.
- Recommended time for the hot tub is 10-15 minutes. Cool down before returning for another brief stay. Long exposure may result in nausea, dizziness, or fainting.
- People in poor health should consult their physician before using the hot tub.
- Pregnant women, elderly people, and those suffering from heart disease, diabetes, or high or low blood pressure should not enter the hot tub without prior medical consultation and permission from their doctor.
- Please shower before entering hot tub.
- Do not use the hot tub while under the influence of alcohol, tranquilizers, or other drugs that cause drowsiness or that raise or lower blood pressure.
- Please refrain from using scented oils/soaps or from doing any personal grooming while in the hot tub.
- Do not bring glass in or near the hot tub.
- No one under the age of 16 is allowed to use the hot tub.
- Inappropriate behavior is strictly prohibited. If you witness such behavior, please report it to Y staff immediately.