

## Tuscarawas County YMCA Whirlpool Rules

- Users MUST be 18 years of age AND out of high school. The Aquatic Director must clear any exception to this rule.
- Pregnant women, people with cardiovascular or respiratory problems, or anyone under the influence of certain medications should not use the whirlpool. If you are not sure, ask your doctor.
- Absolutely no children are permitted in the whirlpool area.
- Whirlpool use is not recommended immediately after intense physical activity.
- It is recommended that prior to entering the Small or Large Pool after whirlpool use that you first take a few minutes to cool down.
- Vigorous activity and total submersion in the whirlpool is not permitted.
- Questionable or extreme public displays of affection will not be tolerated.
- No diving or jumping into the whirlpool.
- Food, beverages (water allowed), cell phones or radios of any type are not permitted in the whirlpool area. You may leave your cell phone and/or radio with the lifeguard during whirlpool use.
- Whirlpool use should be limited to 10 minutes per visit. If visiting for longer, please take periodic breaks from the water to cool off. Long exposure to high temperatures can be extremely dangerous.
- Water temperature will not exceed 104 degrees Fahrenheit.
- The whirlpool will be closed during swim meets.

