

# BayFit Aquatic Rules



As a condition of entry all BayFit aquatic rules must be abided by. Failure to do so may result in eviction and/or cancellation of membership. If unsure please ask our BayFit Pool Staff for more information.

*General aquatic rules:*

- Customers for hygienic reason must shower before and after using pools, steam or spa.
- Children 12 and under must be actively supervised (within arm's reach) by an adult 17 years or older at all times.
- No running, dead-man floats, bombing, somersaults or sitting on shoulders. Diving in leisure pool and shallow end of pools is not permitted.
- Do not sit or lean on lane ropes.
- Camera usage is prohibited in aquatic area.
- Soft balls only.
- Strictly NO glass drink bottles or food containers in aquatic area.
- Children under 2 must wear aqua nappies.
  
- **Patrons must abide by all instructions from lifeguards and Bayfit L.C staff at all times.**
  
- **Anti-social or offensive behaviour will not be tolerated and may result in eviction from the centre.**
  
- **Co operation, education and an understanding of water safety will make the Bayfit experience a more enjoyable experience for everyone.**

### **Lap lane etiquette:**

- Please choose a lane suitable to your ability. Staff may ask you at any time to switch lanes.
- Walking in lap lanes is not permitted.
- Lap swimmers are not permitted in swim lesson lanes.
- Please keep to the left of the lane while swimming.
- Swimmers should allow other swimmers to overtake at the end of the lane.
- Swimmers are not permitted to congregate at the end of the lane.

### **Hydrotherapy/ Program pool rules:**

- Adults over 18 years of age only.
- Gentle exercise only.
- No Children or teens unless therapy patient with medical certificate.
- Toddlers 3 years and under permitted with a parent.
- No ball games.

## Spa and Steam room rules:

- Patrons are strongly advised to seek medical advice before using steam/spa if:
  1. Are over 50.
  2. Suffer heart disease or have any physical injuries.
  3. Are pregnant.
  4. Have pre-existing medical conditions.
  
- Patrons MUST be over 18 years of age.
- Patrons must display wrist band when using spa/steam.
- Patrons must shower before and after spa/steam usage.
- Spa contains heated, turbulent and aerated water. Do not put your head under water.
- Exercising and lying down in steam room is not permitted.
- Drink plenty of water during and after spa/steam.
- No glass in steam room. Plastic water bottles are permitted.
- Do not use spa/steam for more than 15 minutes at a time.
- No creams, lotions, fragrances or other foreign bodies in spa or steam room.