



A Service of Tulare Local Healthcare District

Policy Name:	Pool & Spa Use Policy
Policy Number:	
Version Number:	001
Approved by Board on:	
Scheduled review date:	

Purpose

Evolutions Fitness & Wellness Center ("Fitness Center") is committed to providing a safe, clean, and enjoyable aquatic environment for all members and guests. This policy establishes the requirements for the safe use of the swimming pool and spa (jacuzzi), promotes compliance with applicable California health and safety standards, and helps minimize the risk of injury and illness.

General Safety

- There is no lifeguard on duty. Members and guests use the pool and spa at their own risk.
- Members must comply with all posted signs, facility rules, and staff instructions.
- Unsafe behavior may result in immediate removal from the pool area and suspension or termination of aquatic privileges.
- Any injury, emergency, or unsafe condition must be reported to staff immediately.
- Individuals who are ill or have open wounds, communicable illnesses, or other conditions that may pose a health risk to others shall not use the pool or spa.

Hygiene Requirements

To maintain water quality and a sanitary aquatic environment:

- Members must shower before entering the pool or spa.
- Appropriate, clean swimwear is required at all times in the pools and spas.
- Street clothing, undergarments, cut-off shorts, and other non-swim attire are prohibited.
- Excessively revealing swim attire is prohibited.

Pool Rules

Members are expected to use the pool in a safe manner that does not disrupt or endanger themselves or others.

The following activities are prohibited:

- Running
- Jumping
- Diving
- Horseplay, roughhousing, pushing, or throwing individuals into the water
- Hanging on ladders, lane lines, or safety equipment except during an emergency
- Glass containers

Spa (Jacuzzi) Rules

For member safety:

- Only members and guests 16 years of age or older may use the spa (jacuzzi).
- Spa use should be limited to 15 minutes at a time.
- Individuals who are pregnant or who have cardiovascular disease, high blood pressure, diabetes, or other medical conditions should consult their physician before using the spa.
- Persons under the influence of alcohol or drugs are prohibited from using the spa.
- Members should exit the spa immediately if they experience dizziness, faintness, nausea, or signs of overheating.

Health and Sanitation Requirements

To help maintain a safe and healthy aquatic environment:

- Hyperventilation or intentional breath-holding games are prohibited before or while swimming.
- Individuals experiencing diarrhea or symptoms of gastrointestinal illness may not use the pool or spa until symptom-free.
- Food and beverages are prohibited within the pool and spa area, except for water in non-breakable containers.
- Members are expected to dispose of trash in designated receptacles and help maintain a clean aquatic environment.
- Children participating in scheduled youth classes or swim lessons who are not toilet trained must wear properly fitted, waterproof swim diapers while using the pool.
- Parents or guardians are responsible for changing swim diapers only in designated restroom or changing facilities and not on the pool deck.

Minor Access Restrictions

To promote the safety and enjoyment of all members:

- Children between the ages of 12 and 16 must have an active membership or valid guest pass and must be accompanied by, and remain under the direct supervision of, a parent or legal guardian at all times while using the pool and while in the pool area.
- Children under the age of 12 are not permitted in the pool or pool area unless they are actively participating in a scheduled Evolutions Fitness & Wellness Center youth aquatic program or swim lessons.
- Children participating in scheduled aquatic programs must remain under the direct supervision of a parent or guardian and authorized instructors or as otherwise required by the program.

- The required parent or guardian-to-child supervision ratio shall be established by Fitness Center staff based on the type of class, swim lesson, participant age, and safety considerations. Parents or legal guardians must comply with the supervision requirements for each specific program.
- Children under the age of 12 may not remain in the pool or pool area before or after their scheduled program.
- Individuals under 16 years of age are prohibited from using the spa (jacuzzi) under any circumstances.

Member Conduct

Members and guests are expected to:

- Treat staff and fellow members with courtesy and respect.
- Follow all posted rules and staff instructions.
- Refrain from behavior that creates a safety hazard or disrupts the enjoyment of others.
- Maintain appropriate conduct and language at all times.

Staff Authority

Fitness Center staff have the authority to:

- Correct unsafe or inappropriate behavior.
- Require members or guests to leave the pool or spa immediately.
- Restrict access to the aquatic facilities.
- Close the pool or spa for maintenance, sanitation, weather, or safety concerns.
- Suspend or revoke aquatic privileges for violations of this policy.

Policy Violations

Failure to comply with this policy may result in disciplinary action, including:

- Verbal warning.
- Removal from the pool or spa for the remainder of the visit.
- Temporary suspension of aquatic privileges.
- Suspension or termination of membership for repeated or serious violations.
- Referral to law enforcement.

Assumption of Risk

Use of the swimming pool and spa involves inherent risks, including but not limited to slips, falls, drowning, overheating, and other injuries. By using these facilities, members and guests acknowledge these risks and agree to comply with this policy, all posted rules, and all instructions provided by Fitness Center staff.

Policy Revisions

Evolutions Fitness & Wellness Center reserves the right to amend this policy at any time to ensure compliance with applicable laws, regulations, and operational needs.