



# ASPEN RECREATION CENTER » POLICIES & DOCUMENTS

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## IT IS A PRIVILEGE TO BE HERE

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As a patron, it is your privilege to be here and use our facilities. Please conduct yourself accordingly. Staff is here to make sure your experience with us is safe and enjoyable. Staff is here to assist you in every way that we can. Staff is not here for you to abuse.

If you are not conducting yourself in an appropriate manner or are jeopardizing the safety of those around you, staff reserves the right to ask you to leave the facility.

## OBEDY ALL RULES - SAFETY FIRST!

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The rules in place at our facility are meant to ensure the safety and enjoyment of all patrons who visit us. It is the staff's job to enforce these rules. By entering our facility, patrons consent to follow our rules.

## MEMBERSHIP POLICIES

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General waivers and separate waivers for specific activities (especially for children under 18 years of age) must be signed at the time of pass purchase or activity registration.

Membership and Activity Registration discounts are given for online purchases.

Fun pass holders can bring in family and friends to receive the resident daily admission rate; however, the pass holder must be present!

Monthly and annual passes are non-transferable and non-cash refundable.

Punch Passes are valid for 18 months from the day of purchase or upon use of the last punch. Seasonal punch passes, such as those for golf and tennis, will expire at the end of the season or upon use of the last punch.

Punch passes are transferable as follows:

Adults may share an Adult Punch Pass. Kids and Seniors may share either a Youth Punch Pass or a Senior Punch Pass (these passes are the same price!). Kids and Seniors may use an Adult Punch Pass. Adults may not use either a Senior or a Youth Punch Pass.

## **PROOF OF PURCHASE**

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All guests who do not hold a valid fun pass (membership) must pay the daily admission rate to use the facility. The daily admission is an all-inclusive, all-day pass that allows the holder to use the entire facility and come and go as he/she pleases. Proof of payment (receipt) is required upon re-entry. One daily admission can be used either at the ARC, the Red Brick or both facilities in one day. Staff reserves the right to request proof of purchase from any patron at any time.

## **ALCOHOL / SMOKING / DRUG POLICY**

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Consuming alcohol, smoking cigarettes or marijuana, or using illegal drugs is not permitted inside any Aspen Parks or Recreation facility, including the Aspen Recreation Center, the Red Brick Recreation Center, the Aspen Ice Garden, and the Aspen Golf Course.

Per Colorado's Clean Indoor Air Act (2006), smoking is not permitted within a 15-foot radius of the entrance of an establishment.

## **UNDER 8 RULE OF UNACCOMPANIED MINORS**

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The Aspen Recreation Center does not allow children under the age of eight (8) to be unaccompanied in the building. This rule also applies to children in the swimming pool. If a child is under 8 and wants to swim, he/she must be within arm's reach of a responsible person 12 years of age or older or must be able to pass a lifeguard administered swimming test.

## **ADA COMPLIANCE**

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Our facility is ADA (Americans with Disabilities Act of 1990) compliant to the best of our abilities. Should you require an additional assistance, please see a staff member.

## **ANIMAL POLICY**

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No animals are allowed inside the ARC, in the yard adjacent to the pool, or on the surrounding fields. No animals are allowed inside the Red Brick Recreation Center. No animals are allowed in the Lewis Ice Arena or the Aspen Ice Garden.

The only exception to this rule is if the animal is a service animal under the ADA law.

Staff reserves the right to ask what task the service animal performs to assist its owner. Staff also

reserves the right to ask a service animal to leave the building if the animal is disturbing other patrons or threatening their safety.

## **SPECIAL EVENTS - BUILDING HOURS**

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All building hours are posted and enforced. Patrons may only access the facility during open hours. Any changes in building hours will be posted in advance both on our website and at the facility entrance. Special events that take place in our facility outside normal business hours do not give patrons the right to access and use our facility.

## **ONLY AUTHORIZED STAFF ALLOWED IN OFFICE AREA**

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Only authorized staff is allowed in the office area. We do not allow patrons, family members or anyone who is not an authorized employee to enter the office.

## **CARDIO / WEIGHT / FITNESS ROOM ACCESS**

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The cardio room, weight room and yoga/fitness room may be accessed by using a monthly or annual membership card at the self-swipe stations located at each door. If a guest has a punch pass or is paying for the daily admission, we provide him/her with a daily membership card in exchange for some sort of collateral (driver license, car keys...etc.).

Guests must be at least 16 years old to access any of our fitness rooms: cardio room, yoga room, or weight room.

To ensure patron safety, fully enclosed footwear must be worn at all times in the workout rooms.

## **KEEP TRACK OF YOUR PERSONAL BELONGINGS**

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It is your responsibility to keep track of your personal belongings. We are not responsible for any lost or stolen items.

At the ARC, we provide rental locks at the front desk for your convenience.

## **LOCKER ROOM GENDER SPECIFICATIONS**

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Once children reach the age of five (5), they are only allowed in the locker room of their gender. Boys five and over cannot go into the women's locker room. Girls five and over cannot enter the men's locker room.

Parents of the opposite gender are not permitted to enter the locker room of the opposite gender to search for their children. Women cannot enter the men's locker room to look for their sons. Men cannot enter the women's locker room to look for their daughters. Staff are available to assist with locker room searches.

Family changing rooms are available to accommodate parents with young children five years old and older. Family changing rooms are also available to those who identify as the opposite gender.

## **COURTESY COMPUTER / PRINTER**

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At the front desk we provide access to a courtesy computer/printer for guests to use to purchase our memberships or register for activities online and print a receipt. The primary purpose of this computer is to facilitate our operations and assist our customers with acquiring information about our services. Any personal use of the computer takes second priority to the furthering of our business. This computer is especially not to be used by children to play games online.

## **GUEST PHONE POLICY**

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We provide a courtesy phone in the lobby for guests to use to make local calls.

At the ARC, you must dial 9 and then the phone number. No area code is necessary. Long-distance calls cannot be completed on this phone.

At the Red Brick, just dial the phone number. No area code is necessary. Long-distance calls cannot be completed on this phone.

## **ELEVATOR USE**

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The elevator is only to be used for its designated purpose: assisting patrons who are unable to use the stairs in moving between floors of the building. The elevator is not a toy and is not to be used for entertainment or playing games.

## **TV POLICY**

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The TV in the lobby is provided as a courtesy to our guests. We ask that patrons keep the TV at a reasonable volume and only choose programs that are family friendly.

## **SKATE RENTAL POLICY**

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Although public skate is included in the daily admission fee, skate rentals are not included. Skate rentals may be paid for either at the front desk or the skate shop counter.

Skate rentals are included in memberships (monthly, annual, and punch passes).

## **COVENANT NOT TO SUE AND ASSUMPTION OF RISK**

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**Please read carefully before signing. This is a legally binding agreement.**

Through your purchase of the activities and use of the facilities as referenced herein, you agree to all the terms and conditions contained herein and give up your right to bring a course of action to recover compensation or obtaining any remedy for any injury to yourself or your property or for your death, however caused, arising out of your participation in the activities referenced herein or in use of City of Aspen facilities, now or anytime in the future.

### **Acknowledgement of Risk**

I hereby acknowledge and agree that the activities referenced herein and the use of associated City facilities for those activities has inherent risks, including the risk of serious injury, paralysis and death. I have full knowledge of the nature and extent of all risks associated with my use and participation of the activities referenced herein and the use of City owned facilities.

### **Release/Indemnification**

In consideration of my participation in the activities referenced herein and the use of City owned facilities, I, the subscribing user and participant, agree to release and on behalf of myself, my heirs, representatives, executors, administrators and assigns HEREBY DO RELEASE, the City of Aspen, its officers, agents, sponsors and employees from cause of action, claims, or demands of any nature whatsoever, including, but not limited to, a claim of negligence, which I, my heirs, representatives, executors, administrators and assigns may now have, or have in the future on account of personal injury, property damage, death or accident of any kind, arising out of or in any way related to my participation in the activities referenced herein or in the use of City owned facilities, whether that participation or use is supervised or unsupervised, however the injury or damage caused, including, but not limited to, the negligence of the City of Aspen, its officers, agents and employees. In consideration of my participation and use of City owned facilities, I, the subscribing user and participant, agree to indemnify and hold harmless the City of Aspen, its officers, agents and employees from any and all causes of action, claims, demands, losses or costs of any nature whatever arising out of or in any way related to my participation or use of City owned facilities. The terms of this Agreement shall be in full force and effect on the date hereof, the date(s) upon which I participate in the activities referenced herein, and on any other occasion when I may participate or use City owned facilities to participate in the activities referenced herein.

## **DEPARTMENT VISION & PHILOSOPHY**

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### **Vision**

To preserve, enhance and provide access to our recreational facilities, parks, open space and trails.

### **Philosophy**

Scenic views of the natural environment are one of the community's greatest assets and the reason

many people choose to visit or make the Aspen area their home. Maintaining and improving easy access to public lands throughout the UGB is equally important.

The City and County have made great strides in the acquisition of open space during the last 40 years. The further acquisition of open space parcels should focus on wildlife habitat, the protection of scenic resources, trail connectivity and recreational uses.

The City and County have dramatically expanded the regional trails network in recent decades. Further trail development should focus on connections between existing trails to further improve this outstanding network for the purpose of supporting an outdoor lifestyle, easy access to outlying public lands and to provide increased opportunities for the use of trails by commuters in both summer and winter.

The City's recreation programs and facilities have become a valuable asset for year-round residents as well as building on the community's reputation as a center for high quality recreation. These programs and facilities must be constantly reassessed and revitalized in order to maintain one of the most valued features of the Aspen area.

## **PARENTAL ACKNOWLEDGEMENT AND CONSENT**

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### **Parental Acknowledgement and Consent**

In the event that the User of said activities and the associated City facilities is under 18 years of age, I hereby represent that I am legally appointed or natural guardian of the participant as herein subscribed and that he or she is participating thusly with my full knowledge and consent; and that I join in the execution of the above Acknowledgements of Risk and Releases and Indemnifications and agree to the terms thereof and do hereby bind myself, my heirs, executors, personal representatives and assigns.

### **Hospital and Medical Release**

As parent or legal guardian of the minor participant, I DO HEREBY CONSENT to the giving of emergency medical care or treatment of my son or daughter by any professional medical nursing staff of the Aspen Valley Hospital, or any other hospital, or any licensed physician, which in their judgment is required in case of accident or medical emergency incurred during said minor's participation of use of City owned facilities.

## **PRIVACY AND COOKIES POLICY**

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Collecting your personal information helps the Aspen Parks & Recreation Department (APR) to better understand what you need from us. We use your information to:

- Manage and improve the Website.
- Personalize our services to you.
- Administer and operate your account.
- Process your orders.
- Tell you about important changes to the Website and our services.
- Understand your shopping behaviour to develop and improve our products and services.

- Manage promotions, competitions, customer surveys and questionnaires.
- Check and verify your identity, and prevent or detect crime.

We may share your personal information across the Aspen Parks & Recreation Department (APR) so we can provide you with relevant products and services.

Your personal information is safe with us and will never be released to companies or organizations outside of APR.

We may use and share anonymised information outside of APR. However, we would like to reassure you that this never includes your personal information.

AspenRecreation.com ("the Website"), and AspenParks.com, AspenGolf.com, AspenIce.org, and/or AspenParksandRec.com, etc. ("the Portals") are owned and operated by The Aspen Parks & Recreation Department (APR) of the City of Aspen, located in Aspen, Colorado. This policy, together with our Terms and Conditions, explain how APR may use information we collect about you, as well as your rights over any personal information we hold about you. Please read this policy and our Terms and Conditions carefully; by accessing the Website you confirm to have understood and agreed to them.

## Information we collect about you

We collect information about you when you:

- Visit the Website, and other sites accessible from the Website.
- Register with and/or buy any passes, classes, events, products or services on the Website.
- Take part in promotions, competitions, customer surveys and questionnaires.
- Contact us eg in writing, call customer services.

We may supplement the information we collect about you with information we receive from other sources eg public registers such as the electoral roll. This allows us to assess the accuracy of the information we hold about you in order to send you relevant offers and information.

## Using your information

Collecting your personal information helps APR to better understand what you need from us. We use your information to:

- Manage and improve the Website.
- Personalize our services to you.
- Administer and operate your account.
- Process your orders.
- Tell you about important changes to the Website and our services.
- Understand your shopping behaviour to develop and improve our products and services.
- Manage promotions, competitions, customer surveys and questionnaires.

We may share your personal information across the APR Department so that we can provide you with relevant products and services. Your personal information is safe with us and will never be released to companies outside of APR.

We may use and share anonymised information outside of APR. However, we would like to reassure you that this never includes your personal information.

## Fun Pass (Membership Card) information

We access the information recorded through the use of your Fun Pass (Membership Card) to help us improve our service to you and to make our communications more relevant.

## Marketing and research

If you agree, we may contact you:

- With offers and information about APR products or services
- With offers and information about APR partners' products or services
- For customer research eg to help improve our services

Of course, the choice is entirely yours, but if you say you do not want to receive marketing information from us this will prevent you from receiving great offers or promotions that may be of interest to you.

When you register online you can access a "Contact Preferences" page that allows you to tailor our communications to your preferences. To change your contact preferences simply click "Your Account" in the top frame and click "Your Contact Preferences". If you do not want to receive communications from us, select your choices by using the boxes available on that page.

We like to hear your views to help us improve our service. From time to time, we may contact you to ask your opinions. Again, if you do not want to be contacted for this purpose, make your choice on the "Contact Preferences" page.

## Cookies

In order to comply with new rules, we use a system of classifying the different types of cookies which we use on the Website. The classification explains more about which cookies we use, why we use them, and the functionality you will lose if you decide you don't want to have them on your device. Please be reassured that we are always working on privacy and cookie-related improvements to the Website.

### What is a cookie?

Cookies are text files containing small amounts of information which are downloaded to your personal computer, mobile or other device when you visit a website. Cookies are then sent back to the originating website on each subsequent visit, or to another website that recognizes that cookie. Cookies are useful because they allow a website to recognize a user's device.

**Persistent Cookies** - These cookies remain on a user's device for the period of time specified in the cookie. They are activated each time that the user visits the website that created that particular cookie.

**Session Cookies** - these cookies allow website operators to link the actions of a user during a browser session. A browser session starts when a user opens the browser window and finishes when they close the browser window. Session cookies are created temporarily. Once you close the browser, all session cookies are deleted.

Cookies do lots of different jobs, like letting you navigate between pages efficiently, remembering your preferences, and generally improve the user experience. They can also help to ensure that adverts you see online are more relevant to you and your interests.

You can find more information about cookies at [allaboutcookies.org](http://allaboutcookies.org)

## Cookies used on the Website



A list of all the cookies used on the Website by category is set out below.

## Strictly necessary cookies

*These cookies enable services you have specifically asked for. For those types of cookies that are strictly necessary, no consent is required.*

These cookies are essential in order to enable you to move around the Website and use its features, such as accessing secure areas of the Website. Without these cookies services you have asked for, like online purchases via our shopping cart, cannot be provided.

## Functionality cookies

*These cookies remember choices you make to improve your experience. By using the Website, you agree that we can place these types of cookies on your device.*

These cookies allow the Website to remember choices you make (such as your user name, language or the region you are in) and provide enhanced, more personal features. These cookies can also be used to remember changes you have made to text size, fonts and other parts of web pages that you can customise. They may also be used to provide services you have asked for such as watching a video or commenting on a blog. The information these cookies collect may be anonymised and they cannot track your browsing activity on other websites.

## Targeting cookies

*These cookies collect information about your browsing habits in order for us to make offers that are relevant to you and your interests.*

These cookies are used to determine information relevant to you and your interests. They are also used to limit the number of times you see any of our offers, as well as help measure the effectiveness of an offering campaign.

## Using browser settings to manage cookies

The Help menu on the menu bar of most browsers will tell you how to prevent your browser from accepting new cookies, how to have the browser notify you when you receive a new cookie and how to disable cookies altogether. You can also disable or delete similar data used by browser add-ons, such as Flash cookies, by changing the add-on's settings or visiting the website of its manufacturer.

However, because cookies allow you to take advantage of some of the Website's essential features, we recommend you leave them turned on. For example, if you block or otherwise reject cookies you will not be able to add items to your Shopping Cart, proceed to Checkout, or use any of our products and services that require you to Sign in. If you leave cookies turned on, remember to sign off when you finish using a shared computer.

## Disclosing your information

We will never disclose your information to anyone outside APR except where we have your consent or where we are required or permitted to do so by law.

## Other websites

The Website may contain links to other sites which are outside our control and not covered by this policy. The operators of these sites may collect information from you that will be used by them in accordance with their policy, which may differ from ours.

## Changes to our policy

This policy replaces all previous versions and is correct as of November 2014. We reserve the right to change the policy at any time.

## Contacting us

If you have any questions, please contact us at [parksandrec@aspenrecreation.net](mailto:parksandrec@aspenrecreation.net)

Last update: 11/11/2014

## REFUND POLICY

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Refunds will only be issued as a credit to an account. Refunds will NOT be given back on credit cards or as cash. Having established this, the following are the rules governing refunds issued as a credit to an account:

- 1) Refunds for a daily admission purchase will only be given on the same day of purchase and the customer must present a receipt.
- 2) Patron must present a receipt in order to be considered eligible for a refund and must present the refund request in writing.
- 3) Refunds or membership extensions will only be issued due to medical reasons. The refund or extension will only be given once we are provided with a doctor's note explaining that the injury or illness prevented the guest from using the facility.
- 4) Refunds or extensions will not be given for a change of mind or a sudden move out of the valley.
- 5) Credit on a customer's account resulting from a refund is non-transferable. The credit can only be used by individuals within that account.
- 6) A supervisor must approve all refunds of memberships before they are processed.

## DIVING BOARD RULES

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### James E. Moore Aquatics Center at the ARC

**Rule** – Only one person is allowed on the board at a time.

**Reason** – This could cause the other person to fall off the board

**Rule** – Wait until the person in front of you has reached the ladder before jumping.

**Reason** – This is to prevent a person from jumping on another person in the water.

**Rule** – There is no running allowed on the diving board.

**Reason** – The diving board becomes wet and has a possibility of become very slick.

**Rule** – Only one bounce is allowed on the board.

**Reason** – Multiple bounce could cause a person to bounce off the board accidentally.

**Rule** – Patrons must dive or jump forward, straight out from the diving board.

**Reason** – This will prevent the diver from hitting the side of the pool or lane ropes.

**Rule** – Children may not use floatation devices when jumping off of the diving board.

**Reason** – Floatation devices are prone to coming off the child when hitting the water.

**Rule** – Patrons may not catch children from the diving board.

**Reason**

– There is a possibility of a collision and injury.

**Rule** – The diving blocks are for the use of competitive swimmers only. They are to be used under direct supervision of a USA Swimming member coach, and swimmer must have completed their diving progressions to be allowed on the block.

**Reason** – This is a requirement by USA Swimming's Board of Directors.

## HOT TUB RULES

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**Rule**-No child under the age of 5 allowed in spa.

**Reason**-Young children can quickly become over heated and have a difficult time regulating their temperature which can cause serious injury.

**Rule**-The recommended time for use is no longer than 15 minutes.

**Reason**-Extended use can cause dizziness, nausea, drops in blood pressure, which can result in serious injury.

**Rule**-If you are diabetic, elderly, pregnant, prone to high/low blood pressure, suffering from heart disease, or on medication, please see your physician's advice before entering the spa.

**Reason**- Being exposed to high heat while relating to any of the above scenarios can result in serious injury or illness.

## LAP LANE USAGE RULES

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**Rule**-Lap lanes are based on a first come first serve basis.

**Reason**-The ARC does not take lap lane reservations and patrons may be asked to share if all lanes open for use are occupied.

**Rule**-Patrons may not swim on the outside of lanes, under the diving board, while diving board is in use.

**Reason**- Patrons swimming under the diving board, even off to the side, while diving board is open are at risk of being jumped on by patrons using the diving board which can result in serious injury to both parties involved.

**Rule**-Lap lanes are only to be used for lap swimming, swim lessons, or swim testing.

**Reason**- When activities other than lap swimming are occurring in lap lanes it prevents patrons who want to swim laps from doing so, as well as disrupts the patrons swimming laps in neighboring lanes.

## LAZY RIVER RULES

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**Rule** – Personal rafts are not allowed in the lazy river.

**Reason** – Rafts can tip over causing patrons to hit their head on the narrow walls, or become stuck under the raft. Rafts can also cause the river to become too crowded, not allowing patrons to pass by safely. Pool noodles are provided as a safer and more respectable alternative.

**Rule**-Sitting, standing, and climbing over rocks and dividing walls is prohibited.

**Reason**-

Rocks can become slippery and patrons can over jump, hitting the walls across from them, which can result in injury. It also prevents patrons from getting jumped on through the narrow current. Small children or non-swimmers can fall or jump off of the narrow walls into the river causing parents or guardians to be out of arms reach resulting in serious injury or drowning.

**Rule-** Patrons may be asked to exit the river if there is suspicion of fatigue or lack of swimming ability to eventually exit safely.

**Reason-** It is the lifeguard's responsibility to recognize and prevent dangerous situations that can become life threatening. If patrons appear that they will be unable to exit the river safely, the lifeguard may ask the patron to stay out of the lazy river entirely, or take a break from it until the patron is able to perform strong swimming ability.

## POOL AREA RULES

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### James E. Moore Aquatics Center at the ARC

**Rule** – All children under the age of 8 years old must be supervised at all times by another guest of 12 years or older within arms reach. Children of ages 8 to 12 are eligible to be in the pool without direct supervision as long as swimming skills have been demonstrated to a lifeguard by performing a swim test of one length of the lap pool. \*\*Children under the age of 7 may also demonstrate skills by doing the same swim test.

**Reason** – We require that all children that are learning or do not have skills have additional supervision.

**Rule** – Children of diaper wearing age must wear swim diapers.

**Reason** – Normal diapers will break down in the water and cause leakage and contamination of the pool water.

**Rule** – Showers are to be taken before entering any of the pools.

**Reason** – This is a requirement by the State of Colorado Health Department. This also helps keep our pools clean.

**Rule** – Glass containers are not allowed anywhere in the pool area.

**Reason** – If accidentally broken, glass is very sharp and hard to locate if in the water. The pool must be drained in order to ensure every piece of glass is located.

**Rule** – Proper swimming attire is required in the pool.

**Reason** – Cut-offs cause blockage of our filters and damage the slide, and t-shirts are a detriment to your swimming ability and others around you.

**Rule** – Personal floatation devices are to be used only with direct supervision of an adult.

**Reason** – Children have a tendency to get overconfident with personal floatation devices and could get themselves in trouble if it comes off.

**Rule** – Children may need to take a swimming test before being allowed in the deep end, lazy river, or the on the slide.

**Reason** – Children have the tendency to over estimate their swimming ability and could get themselves in a situation that they could not handle.

**Rule** – Walking is the fastest speed allowed on the deck.

**Reason** – The pool deck is notorious for becoming wet and slick. Any speed faster than walking

could result in an accident.

**Rule** – Swimmers are not allowed in the diving area while diving board is open.

**Reason** – This prevents divers from landing on a person below them.

**Rule** – Patrons shall not eat or drink while in or partially in the aquatic area, except in designated areas. Gum is not permitted in the pool area.

**Reason** – Food and gum are choking hazards for patrons and also are bad for the filtration system.

**Rule** – Lap swimming equipment, kickboards, pull buoys, hand paddles, and diving bricks are to be used for lap swimming and lessons only.

**Reason** – If not used properly, the equipment can cause harm to patrons and/or result in damaged equipment.

**Rule** – Alcoholic beverages, tobacco, or illegal drugs are not permitted. Smoking tobacco or marijuana is not permitted within 15 feet of the facility or on surrounding fields or courts.

**Reason** – Impairs swimmers and is also a City of Aspen ordinance.

**Rule** – Floatation devices are at the discretion of the lifeguard on duty.

**Reason** – Depending on the number of patrons and the size of the floatation device, this could hinder the safety of those in the pool.

**Rule** – Swim only when there is a lifeguard on duty.

**Reason** – State of Colorado require that a lifeguard be on duty in any public swimming pool.

**Rule** – Animals shall not be permitted in pool or pool area. Exceptions are patrol animals accompanying security or police officers, or guide animals and service animals accompanying blind, visually handicapped, deaf, partially deaf, or otherwise physically disabled persons.

**Reason** – Animals can sometimes contaminate the water and spread germs that cause disease.

**Rule** – Patrons must enter only through the locker room or yard entrances and only after checking in at the front desk.

**Reason** – Patrons entering the aquatics facility through unauthorized entrances and without checking in can be charged with theft of service, are a liability to the facility, and can pose as a danger to other patrons and staff.

**Rule** – Persons having any considerable area of exposed sub-epidermal tissue, cuts, or known or recognizable contagious diseases, shall not be permitted to use the pool.

**Reason** – To prevent the spread of disease and blood-borne pathogens to fellow patrons and staff.

**Rule** – Spitting or blowing the nose in the pool shall be strictly prohibited.

**Reason** – This keeps pools clean and aides in prevention of spreading bacterial hazards.

**Rule** – Shoes with mud, sand, grass, ice melt, debris, or other contaminants are not permitted on the pool deck. Ski boots are not permitted on the pool deck.

**Reason** – Contaminants cause blockages to pool filters. Ski boots or wet shoes also pose as a slip hazard on the pool deck.

**Rule** – Flotation devices, such as rafts or inner tubes, are permitted at the discretion of the lifeguard on duty.

**Reason** – Depending on the number of patrons and the size of the flotation device, this could hinder the safety of those in the pool. Pool noodles are provided by the facility for patron use.

**Rule** – Baby floats given out by the ARC are only to be used by infants (ages 6 -24 months), or

children who weigh 33lbs (15kg) or less in the water depth where their feet cannot touch.

**Reason** – Children who are too large for the rafts have an increased risk of crawling out of the raft, tipping over, and becoming stuck upside down.

**Rule** – Toys brought in by patrons that are meant for outside play, such as hard footballs, baseballs, softballs, soccer balls, tennis balls, etc., are not permitted.

**Reason** – These toys can cause great harm to patrons.

**Rule** – Patrons may not dive, or enter head first in any areas of the leisure pool, hot tub, or shallow end of the lap pool.

**Reason** – These areas of the pool are too shallow for head first entry and could result in serious injury, including a spinal injury. The deep end of the lap pool is the only area designated for head first entry.

**Rule** – Swim team equipment is not to be used by patrons.

**Reason** – Swim team equipment has been purchased by the members of the swim team. It is not property of the Aspen Recreation Center.

**Rule** – The ARC does not loan out goggles. Goggles can be purchased at the front desk.

**Reason** – Sharing goggles increases risk of spreading eye disease such as pink eye.

**Rule** – Any excessive behavior or horseplay, such as chicken fighting, pushing or throwing patrons into the pool, dodgeball, or wrestling and rough housing, is not permitted.

**Reason** – These activities are hazardous to patrons whether participating or not.

**Rule** – Sitting, standing, and climbing over rocks and dividing walls is prohibited.

**Reason** – Rocks can become slippery, causing patrons to fall and injure themselves or others.

**Rule** – Prolonged breath holding or breath holding contests are prohibited.

**Reason** – Prolonged underwater swimming for distance and breath-holding for time are extremely dangerous and can cause patrons to hyperventilate. Hyperventilating in the water can cause patrons to pass out and drown.

**Rule** – Patrons may not sit or stand on other patron's shoulders in any of the pools.

**Reason** – Patrons on shoulders may fall off resulting in injury to themselves or other patrons. Patrons holding others on their shoulders may become trapped under water resulting in injury or drowning.

## SLIDE RULES

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### James E. Moore Aquatic Center at the ARC

**Rule** - Patrons must enter the slide in feet first, face up and one person at a time.

**Reason** – This is to prevent injury to oneself or another person in front of them.

**Rule** – Exit the landing area immediately.

**Reason** – This is to prevent a collision with the next person using the water slide.

**Rule** – Children must be at least four feet zero inches (48") or taller to ride the slide.

**Reason** – The landing area is three and one half feet deep, and any children under that height may have problems with the current in the landing area.

**Rule** – Parents may not ride the slide with their children.

**Reason** – There is a large possibility of injury in a collision between the child and parent in the slide and in the landing area, it is also a requirement by the slide company to comply with insurance.

**Rule** – Parents are not allowed to catch children out of the slide in the landing area.

**Reason** – There is a strong possibility of injury due to a collision out of the slide.

**Rule** – Patrons using the slide are not allowed to stop at any point during the ride.

**Reason** – This could cause injury to the person if another person comes down the slide while a person is still in the tube.

**Rule** – Patrons using the slide must walk up the stairs to the top of the slide.

**Reason** – Running up the stairs could cause an accident and injury.

**Rule** – Patrons may not use rafts, mats, or other flotation devices or objects on the slide.

**Reason** – The slide is not designed for use of these devices and objects.

## STEAM ROOM & SAUNA RULES

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**Rule**-Patrons under the age of 16 are not allowed in the steam room or the sauna at any time.

**Reason**- Young children can quickly become over heated and have a difficult time regulating their temperature which can cause serious injury

**Rule**-The recommended time for use is no longer than 15 minutes

**Reason**-Extended use can cause dizziness, nausea, drops in blood pressure, which can result in serious injury

**Rule**-If you are diabetic, elderly, pregnant, prone to high/low blood pressure, suffering from heart disease, or on medication, please see your physician's advice before entering the spa.

**Reason**- Being exposed to high heat while relating to any of the above scenarios can result in serious injury or illness.

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