

WATERSLIDE REGULATIONS

- All riders must be 48' to ride the waterslide
- The swim test is one length of the large pool front crawl with the face in the water, arms out, & breathing to front or side
- A wristband is required to use the waterslide
- The line for the waterslide starts on deck
- No floatation devices are allowed on the waterslide
- Only one rider at a time (no chains, trains or doubles)
- No diving or jumping from the flume
- Enter the slide in a sitting position (feet first)
- Wait for the waterslide attendants instructions before riding
- Ride slide feet first either sitting or lying on your back
- Keep arms and feet inside flume at all times
- Exit the splashdown area immediately so that the next rider can access the waterslide via the ladder and walk around the pools.
- Walking under the waterslide is not permitted.

Thank you,
The Aquatics Staff

By signing you agree that your party will follow the Pool Rules and Waterslide Regulations of the Salem Workout Club & Wellness Center. If the rules are continually broken, your party may be asked to leave the pool area for safety without refund. We thank you in advance for your cooperation.

Participant Signature

Date

Department Head Signature

Date

POOL POLICIES

- **Lifeguards are not available during family swim, it is the sole responsibility of parents to supervise their children.**
- All swimmers must take a soap shower prior to swimming (NH State Law)
- Anyone with an infectious disease, open sore, communicable illness may not use the swimming pool.
- Anyone with collar length hair or longer must wear a bathing cap or pulled back securely.
- Street shoes & strollers are not allowed on pool deck.
- Please walk on pool deck at all times
- Bathing suits are required. White T-shirts may be worn while swimming in the shallow end only (although not recommended).
- Food, beverage, & glass containers are not allowed in pool or on pool deck
- Diving is allowed in designated areas in our DEEP END only.
- Swimmers needing/using flotation may swim in shallow end only if accompanied by an adult in the water.
- Hanging on lane lines in NOT permitted.
- Swearing is NOT permitted.
- Flips, back dives and twists are NOT permitted
- Use of diving blocks is not permitted.
- Running and jumping into the pool in not permitted.
- Walking or standing in the gutters or walls between pools is not permitted.
- An Adult (age 18 or over) must accompany children under the age of 6 in the water. An adult (age 18 or over) must accompany children ages 6-14 in the pool area.
- Kickboards and pull buoys are for lap swim only
- No diapers or inflatable objects allowed. Swim diapers & rubber pants are required.
- No person under the age of 14 is allowed in the spa or sauna STATE LAW
- Waterslide available during scheduled times only
- Lane sharing required at all times. Please circle swim if more than three to a lane.
- **Please note that as per the National Lightning and Safety Institute we do close our pool for Thunder & Lightning. The pool will remain closed for ½ hour after the last clap of thunder is heard.**
- Management reserves the right to deny use of the pool to anyone at anytime.

THANK YOU!