

2. Persons using any drugs, stimulants or depressants including but not limited to:

Alcohol	Stimulants
Anti-coagulants	Hypnotics
Antihistamines	Narcotics
Vasoconstrictors	Tranquilizers
Vasodilators	

...may not use the whirlpool.

3. Whirlpool should not be used alone.
 4. Please enter and exit slowly.
 5. No one under 13 years of age is permitted to use the whirlpool.
 6. Observe reasonable time limits (15-20 minutes maximum) to avoid nausea, dizziness or fainting.
 7. Breakable objects are not allowed near whirlpool.
 8. No drinking or eating in or near whirlpool.
 9. No jumping or diving into whirlpool.
 10. No swimming in whirlpool.
 11. Persons not observing the above rules will be asked to vacate the whirlpool.
- *Use of the whirlpool is at the member's own risk. Please consult your doctor.

Additional information for safe use of the whirlpool:

1. A healthy adult should not stay in the whirlpool any longer than twenty minutes with the temperatures being between 102 and 104 degrees. Higher temperatures or longer immersions can bring on heat stroke.
2. The body normally sweats to shed heat and regulate body temperature. You should always keep part of the upper body above the water so that sweat can evaporate. When the body cannot sweat, more blood is diverted from the brain to the capillaries just under the skin to dilate these vessels and speed up the sweating process. This results in less oxygen being delivered to the brain and the heart being forced to pump faster which can cause fainting or fatigue and ultimately, heat stroke.
3. Use of alcohol or drugs while in a whirlpool can also affect the heart regulating mechanism in the brain, bringing on heat stroke.
4. Prolonged immersion in hot temperatures has also been known to cause irreversible damage to the liver and kidneys.
5. After using the whirlpool, you should replace the fluids lost by the body which will help dispell the tired feeling caused by the heat.
6. Children's body temperatures should not be raised above the normal 98.6 degrees. Because the whirlpool is set at between 100 and 104 degrees, use by children is not recommended.

18. No glass or metal objects in pool area.
19. No playing on ladders; they are for exiting only.
20. Exit from pool by ladders and stairs only.
21. Nonswimmers must stay in shallow water.
22. Children must have parental supervision in pool.
23. No dunking.
24. No underwater distance swimming.
25. No climbing on guard stands.
26. No sunbathing near edge of pool.
27. Visibly intoxicated members/guests may be refused entry to the pool or ocean.
28. Children needing artificial swim aids may not use diving boards.
29. Members are required to read all posted signs and follow rules listed thereon.

KIDDIE POOL

1. Parents are responsible for watching their children when using the kiddie pool. There will be not be a guard at this pool.
2. Children who are not toilet trained must wear diapers and/or rubber pants. Paper-type diapers, (e.g. Pampers), disintegrate in water and inhibit the efficiency of the filter system of the pools. Parents are advised not to use these and that the use of rubber pants as a covering to cloth diapers are a smarter alternative to preventing the spread of pool contamination in the event of a childhood "accident".

OCEAN SWIMMING

1. Opening and closing of the ocean due to weather and water conditions will be at the discretion of the manager and head lifeguard.
2. Swimmers are expected to heed warnings and reprimands of the guards.
3. There is no ocean swimming beyond the ropes.
4. Swimming prohibited when the ocean is unguarded.
5. Green, yellow or red flags will be posted on the beach indicating water conditions. Members are required to heed these warnings.
6. No ocean swimming is allowed after 5:30 pm when the beach is closed.

WHIRLPOOL*

1. Pregnant women should consult their physician before using whirlpool, as should persons suffering from heart disease, diabetes or high or low blood pressure.