

# THE HEIGHTS

## Aquatic Center Rules



### General Rules

- Obey lifeguard at all times.
- Running and horseplay are prohibited.
- Do not dive.
- Do not participate in prolonged and/or repetitive breath holding, as it can lead to blackouts.
- Street shoes or socks are not permitted in pool area.
- Lined swimsuits only. No cut-offs, athletic shorts, biking tights, leotards or thongs.
- Use swim diapers for non-toilet trained patrons and change at designated stations.
- Children, 9 and under must be directly supervised by those 16 years or older wearing a swimsuit.
- Use of noodles, water wings and small rings only when accompanied by an adult in water.
- Do not use tennis balls, water guns, or Frisbees.
- Raft use is limited to children's play area as determined for safety by management.
- Shower with soap and rinse thoroughly before entering the pool.
- Swimmers with casts, open wounds, rashes, or infectious/communicable diseases may not enter the water.
- Individuals under the influence of alcohol or other intoxicating substances will be asked to leave.
- Food, drink, gum, glass, or coolers in pool area and outside sun decks are prohibited.
- THE HEIGHTS is not responsible for lost, stolen, or damaged personal items.
- Do not spit. Stay off islands, peninsulas, railings and lane ropes.
- Enter vortex through its water entrance.

Note: Various attractions may be closed during low attendance.

### Lap Swimming Etiquette

- Lap-swimming lanes will be designated by staff.
- Be courteous of other swimmers.
- A circle pattern must be used for swimming laps. Always stay on right side of lane, swimming in a counter clockwise direction.
- If you stop between lengths, sit on poolside or move to the corner in order to avoid congestion.
- Maintain a reasonable distance between swimmers.
  - When passing, notify swimmer in front of you with tap on foot and pass in the lane middle. Watch for oncoming swimmers.
  - If you are continually passing or being passed, move into next appropriate lane. Check with lifeguards for lane speeds.





## 2-Story Water Slide

- **CAUTION:** If you are pregnant, have a fear of heights, have heart or back problems or other medical conditions do not use.
- You must be a minimum of 48”.
- Maximum operational load: 1 person, 300lbs.
- Only one person at a time. No partners or trains.
- Single file lines.
- Do not stop, stand, kneel, or rotate on the slide. Keep hands and feet inside at all times.
- Go down feet first, lying on back or in a sitting position.
- Do not catch sliders as they exit the flume.
- Wait for lifeguard’s signal to slide.
- Goggles, fins, glasses, metal watches, or swimsuits with metal zippers, buckles, rivets, buttons or metal ornamentation may not be used on the slide.
- Lifejackets, water wings, or other floatation devices are prohibited.
- Exit catch-pool quickly.

## Sauna, Spa and Steam Room

- **CAUTION:** If you are pregnant, have high blood pressure or are on medications, consult your physician prior to use.
- Recommended use is no longer than 10 minutes.
- Exit immediately if uncomfortable, dizzy or sleepy. Staying too long in a heated area will cause your body to overheat.
- You must be 16 years or older.
- No more than 10 people in spa at one time.
- Oil-based products and personal hygienic care are prohibited.
- Do not throw water on heat sensors.

## Children’s Play Area

- Children, 9 and under in Children’s Play Area only.
- Slide feet first on back and keep hands and feet inside at all times. Do not stop, stand, kneel, or rotate on the slide.
- Exit the slide area quickly.
- Anyone over 48” may not use the slide.
- The ropes are not designed to be hung on.
  - Do not stand or sit on “Pools and Falls” play feature.
  - Do not sit or block the Zero-Depth Entry fountains.

