



Updated Feb. 2019

## **Facility**

- Access is available with your valid Sea Colony issued ID badge and must be scanned at the front desk upon entrance (I do not see the rule for the guest badge but believe this is where it should be added when this is added to the fitness center rules on the website)
- Children must be 13 years of age or older to enter the building, if younger, they must be accompanied by an adult not less than 18 years of age.

## **Weight Room Rules**

- Weight room patrons must be 16 years of age or older.
- No food or drink allowed in workout areas excluding drink bottles with lids.
- Patrons should always unload weights and re-rack on designated racks.
- When using machines and free weights, please be courteous and allow other patrons to work in.
- Do not slam or drop weights. This compromises the quality of equipment, disturbs patrons, and increases the possibility of injuries.
- Gym wipes available; please wipe down all equipment when you are finished.
- A 30 minute time limit will be implemented on all cardio equipment during peak times by Fitness Center staff.
- TV volume is regulated by Fitness Center staff persons only.

## **Dress Code**

- Closed toe shoes are required in the weight room at all times.
- No wet swim suits.

**MAXIMUM CAPACITY OF PERSONS PERMITTED IN THE WEIGHT ROOM  
IS DETERMINED BY THE DELAWARE STATE FIRE MARSHALL**

## **Hot Tub Rules**

*AS PER DELAWARE DIVISION OF PUBLIC HEALTH REGULATIONS*

- Shower before entering hot tub.
- Enter and exit slowly.
- No one under 18 years old permitted.
- No body oils or lotions allowed.
- Elderly persons and anyone with heart disease, diabetes, high or low blood pressure or anyone under a physician's care should not enter without consulting their physician.

- Pregnant women should not enter unless the water temperature is less than 102° F.
- **Pregnant women should be advised that the target temperature of this hot tub is 104° F.**
- Hot water immersion while under the influence of alcohol, anticoagulants, antihistamines, vasoconstrictors, vasodilator, stimulants, hypnotics, narcotics or tranquilizers may be hazardous to your health and is prohibited.
- Observe a 15 minute time limit, shower, cool down and return if you wish. Longer exposure in the hot tub may result in nausea, dizziness and fainting.
- DO NOT submerge to the bottom of the hot tub; hair may become entangled in the bottom outlet. Longer hair should be tied.

### **Gymnasium Rules**

- NO swearing or yelling.
- NO food or open drink containers.
- Patron must display good sportsmanship at all times.
- NO hanging on nets or rims.
- NO kicking of the basketballs.
- Please return all equipment to the proper rack.

### **Dress Code**

- Shirts & Athletic shoes must be worn at all times.

### **Sauna Rules**

- DO NOT exceed 10 minutes. Longer periods may be hazardous.
- Limit 6 persons.
- NO ONE under the age of 18 years old is permitted.
- Persons with special health conditions should consult their physician before using sauna.
- DO NOT use sauna after consuming alcohol or drugs.
- DO NOT throw water at the stones.
- NO flammables at any time.
- Doors must remain closed.

### **Pool Rules**

- No swimming unless a lifeguard is on duty and in place.
- Shower before entering the pool.
- No diving in pools allowed.
- No flips or jumping backwards into pool.
- Children under the age of twelve must be accompanied by an adult not less than 18 years of age.
- Non-swimmers who use flotation devices as a means of support must remain in the shallow end of the pool and be accompanied by a swimming adult.
- No running or rough play.
- No carrying of any persons on the shoulders.

- No inconsiderate behavior of any nature.
- No foul language.
- No diapers. Incontinent persons and non-toilet trained children must wear a tight fitting swimsuit or rubber under garments that seal tightly around the legs and waist. Incontinent persons and non-toilet trained children are not permitted in the main pool at T-4.
- No glass containers allowed in pool area.
- Proper swimming attire must be worn in the pool. Cut-offs and street attire not permitted in pool (except white T-shirt to protect from sun exposure.)
- Use of pool toys such as balls, squirt guns, swim fins, dive rings, dive sticks, rafts, boogie boards and inner-tubes will be at the discretion of the lifeguard who will consider such factors as appropriateness of play, safety, and bather load.
- All participants must have owner or guest identification badges to use pool facilities.
- Spitting, spouting of water, blowing the nose, or discharging of bodily wastes in the pools or spa is strictly prohibited.
- Any persons having an infectious or communicable disease are prohibited from using a public pool or spa.
- Persons having open blisters, cuts, etc., are advised not to use the pools or spa.
- No pets allowed in the pool areas.
- No Smoking allowed at Beach, Pools or Promenade.
- Individuals in non-compliance with these rules may be asked to leave the pool area by the lifeguard and/or Security.

***Pool hours are subject to change without notice, so check with your lifeguard for schedule changes.***

### **Edgewater Exercise Room Rules**

- Key cards are available at the security desk located in the Edgewater lobby.
- Valid owner ID or Rec. Badge must be presented and left upon sign in at the security desk to receive a key card. No personal ID card or driver's license may be used.
- Weight room patrons must be 16 years of age or older.
- No food or drink will be allowed in any workout areas excluding drink bottles with lids.
- Weight room patrons should always re-rack weights on designated racks.
- When using machines and free weights, please be courteous and allow other patrons to work in.
- Do not slam or drop weights as this compromises the quality of the equipment, disturbs other patrons and increases the possibility of injury.
- Gym wipes are available; please wipe down all equipment when you are finished using it
- No horseplay or loitering.
- A 30 minute time limit will be implemented on all cardio equipment during peak times.

- Radio and TV volume is regulated by Fitness Center personnel only.

**Dress Code**

- No wet swim suits.
- Closed toe shoes and shirts are required in the weight room at all times.
- **MAXIMUM CAPACITY OF PERSON IN THE EXERCISE ROOM IS 30.**

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