

Pool Rules

- » Showers are recommended before entering the swimming pool, sauna, therapy pool, whirlpool or steam room. Clean and appropriate swim apparel is required while in these areas.
- » Individuals with apparent open wounds or sores, infections, bandages of any kind, or excessive sunburn are not allowed in the lap pool, warm water therapy pool, whirlpool, co-ed sauna or steam rooms.
- » Anyone under the influence of alcohol or drugs or who exhibits erratic behavior will not be permitted in the pool area.
- » Anyone who is not toilet-trained must wear appropriate undergarments made for water use.
- » No running, diving, pushing, wrestling or horseplay is allowed.
- » No food, gum, beverages or glass bottles are permitted in the pool area. Spitting of any kind is prohibited.
- » We recommend that you wear the blue shoe covers provided when walking around the pool area in street shoes.
- » Wheelchairs and baby strollers are allowed in the pool area.
- » Cell phones, cameras or video equipment are not permitted in the locker rooms or the pool area. Cell phones are only permitted in the lobby and café.
- » When no lifeguard is on duty, swim at your own risk. We do not recommend that you swim alone.
- » Lifeguards are provided during family hours and swim lessons to enforce safety rules for everyone's protection and to respond to emergencies. Please respect the lifeguard's directions for your safety and that of others.
- » Parents or guardians must supervise their children at all times around water.
- » Children age 15 and younger may use the lap pool and therapy pool only during facility family hours as long as they are accompanied and supervised by a parent. Children are not allowed in the whirlpool, co-ed sauna, steam rooms, or men's and women's locker rooms.
- » Please keep our pool areas clean:
 - Return kickboards, buoys and other swim related devices to their bins when finished.
 - Discard used towels in designated towel bins.
 - Return shoe covers to basket.

These rules are designed to keep our facility clean, organized and safe and to ensure a great experience for our members and guests. Please abide by them to create the best atmosphere possible for everyone.



FITNESS CENTER
at the Buffalo Grove Park District