



Breckinridge Inn Health Club

POOL MEMBER INFORMATION SHEET

Pool is open the Saturday before Memorial Day through Labor Day
Summer Hours: Indoor Pool 7:00 A.M. - 10:00 P.M. Monday - Friday
and Saturday-Sunday 8:00 A.M. to 10:00 P.M.
Outdoor Pool 8:00 A.M. - 9:00 P.M.

Appropriate swim wear must be worn. Thongs, shorts, and cut-off's are prohibited.

Sauna: Sauna is located in the women's locker room. Proper swim attire must be worn at all times. It is not recommended to use the sauna if you have heart or lung problems. Children are not allowed.

Steam Room: Located in Men's locker room. Proper swim attire must be worn at all times. It is not recommended to use the steam room if you have heart or lung problems. Children are not allowed.

Whirlpool: Pregnant women, elderly persons, and persons with heart conditions, high blood pressure, or diabetes should consult their physician prior to using the spa. Do not use the spa under the influence of alcohol, tranquilizers, or other drugs that cause drowsiness, or that raise or lower blood pressure. Do not use at water temperatures greater than 104 degrees Fahrenheit. Do not use alone. Use by children under 14 is prohibited. Enter and exit slowly. Observe reasonable time limits (10-15 minutes) Long exposure may result in nausea, dizziness, fainting or death. No glass allowed in spa. Shower before entering the spa.

Lockers: There is a limited amount of lockers in the men's and women's locker rooms. We suggest bringing a lock. All items must be removed daily. Any locks left will be cut and removed each day. We are not responsible for any items left in lockers, locker room or pool area.

Items Prohibited: Glass, alcohol of any kind, illegal drugs and weapons of any kind. No grills permitted.

Lost and Found: Any items left will be kept in a bin by the sign in table. Any lost items will be held for 30 days. Any valuables will be secured.

Increment Weather Policy: When lightening has been sighted or thunder heard, the lifeguard on duty will stand and blow one long whistle and point at the sky. All members and guest must clear the water and deck area. Policy is to keep the water clear for 30 minutes after the last lightening strike or sound of thunder.

Emergency Procedures: In the event of an emergency, members and guests are asked to refrain from crowding in the emergency area. When a water or deck emergency exists, the lifeguard will stand and sound one long blast of their whistle, point to the area of emergency and swim or run to the area of rescue.

Please do not talk to the guards while on duty. This is a distraction.

Lifeguards are on duty to enforce rules and regulations and respond to emergencies.

The lifeguard staff has the authority to ask any member or guest to leave if any of the rules are not followed, putting anyone in danger, or fighting.

Parents and Guardians are responsible for their children and guests at all time.

Smoking is only permitted in designated smoking area

Pool phone is for employees only

Members or Guest are not allowed in designated employee areas.

I agree, I understand the rules and conditions of the pool.

Name _____ Date: _____