

Princeton Fitness & Wellness at Plainsboro

An Affiliate of Princeton Medical Center



AQUATICS CENTER

CODE OF CONDUCT

At the Aquatic Center, we take pride in providing a safe, clean, and well-supervised pool facility for all pool users. When using our facility, please follow the below rules and guidelines. Failure to comply may result in your removal from the Aquatics Center.

[In the below rules, the term 'pool' or 'pools' reference all bodies of water in the Aquatics Center.]

GENERAL RULES

1. No one is permitted in the pool(s) without a Lifeguard on duty. If you have a swim lesson you must be accompanied by a Swim Instructor.
2. Lifeguards are authorized to enforce all safety rules and Center policies.
3. All participants are required by law to shower prior to entering the pool.
4. Proper swimming attire (i.e. one- and two-piece swimsuits, swim trunks or briefs, water shirts) is required for all swimmers and anyone entering the pool. Religious and modesty swimwear is permitted so long as the attire is designed for in-water use. Street clothes, athletic and workout attire, undergarments, and revealing or see-through suits are **NOT** permitted. All swim attire must be designed and sold for use in a pool environment. Aquatics staff reserves the right to enforce the Aquatic attire policy and determine whether or not swimwear is permissible to be worn within the Center.
5. Street shoes are **NOT** permitted on the pool deck. Proper pool shoes or flip-flops must be worn in all wet areas.
6. Diving and horseplay such as running, jumping, diving, splashing, and shoving are **NOT** permitted.
7. Spitting, spouting of water, blowing the nose and regurgitating pool water are **NOT** allowed.
8. Profanity, improper behavior, and intoxication are **NOT** tolerated. Anyone suspected of being under the influence of drugs or alcohol will be prohibited from entering the water.
9. Service animals shall be allowed in the Aquatics Center and may accompany their owners on the pool deck and in the locker rooms. Service animals are **NOT** allowed in the water of the lap, spa, or therapy pools.
10. All persons are prohibited from swimming during an electrical storm.
11. All persons must leave the Aquatics area 30 minutes prior to the closure of the Center.

FOOD, BEVERAGE & PROHIBITED ITEMS

1. Food, beverages, and chewing gum are **NOT** permitted in the pool area, with the exception of water in plastic bottles. Please remember to dispose of any water bottles upon exiting the pool area.
2. The use of drugs, alcohol, or tobacco products (including electronic smoking devices) is strictly prohibited.
3. Glass containers of any kind are prohibited in the Aquatics Center.
4. Electrical devices such as cell phones, tablets, speakers, and other electronics, are prohibited inside the pools, and must be kept at least three (3) feet from the pool's edge.
5. Unauthorized use of video, photography, and recording devices is prohibited in the Aquatics area. Photographs focused solely on your family members are permitted, but only with the permission of a Swim Instructor or Lifeguard.

HEALTH & MEDICAL CONDITIONS

1. Any person demonstrating evidence of a communicable skin disease, sore or inflamed eyes, cold, nasal or ear discharges or any other communicable disease, shall be denied admission into the pools.
2. Any person with excessive sunburn, open blisters, cuts, or bandages shall be denied admission into the pools.
3. Do **NOT** enter the water if you are experiencing or recovering from diarrhea or have had any signs or symptoms of a gastrointestinal (stomach) disease in the past seven days.

CHILDREN & MINORS

1. Children must be potty trained or wear a swim diaper (one designed for immersion in water) that is covered with a rubber pant. Children are still required to wear appropriate swim attire over the rubber pant.
2. Children must **NOT** eat for 30 minutes before swimming and should be encouraged to use the restroom before entering the water.
3. Children must be accompanied by a parent or guardian into the same gender-specific Locker Room with which they identify or utilize the Family Change rooms. Children over the age of two (2) are **NOT** permitted in the locker room of the opposite sex from which they identify.
4. Children, ages 12 years old and under, must be accompanied by an adult at all times when attending swim lessons. A child's parent/guardian may be absent during lessons as long as the adult: 1) stays within the Fitness Center; and 2) has consulted with and has permission from the Swim Instructor to do so.
5. Do **NOT** change diapers or clothing at poolside. Utilize the Locker Rooms or Family Change rooms.

LAP POOL, THERAPY POOL, & SPA POOL

Lane sharing is Temporarily Suspended except with other family members for your safety.

1. When two (2) people share a lane, they shall remain on their "half" of the lane (split the lane). When three (3) or more people share a lane, they shall proceed in "circle swim" format (always swimming on the right side of the lane). This means swimming on one side of the lane going down, and then swimming on the other side of the lane coming back up. Swimmers will move in a counterclockwise circle.
2. You must be 16 years of age or older to use the spa pool.
3. Spa pool use is limited to no more than 15 minutes in one sitting. Long continuous exposure to high temperatures may result in nausea, dizziness, or fainting.
4. Pregnant women or persons with heart disease, diabetes, high blood pressure, or low blood pressure should **NOT** enter the spa pool without medical consultation.

FAMILY SWIM RULES

Family Swim is Temporarily Suspended for your safety

Saturdays and Sundays | 3:00pm-5:00pm

Members may bring their children and grandchildren, ages 13 years and younger, to Family Swim. Members must be in the pool with their children/grandchildren at all times during Family Swim. Lifeguards will limit attendance when necessary to ensure the safety of all participants.

1. All rules listed in the Aquatics Center Code of Conduct apply to Family Swim.
2. An adult member must accompany children in the water (not on the deck) at all times. There is a limit of two (2) children per one (1) member.
3. Children must be potty trained or wear a swim diaper (one designed for immersion in water) that is covered with a rubber pant. Children are still required to wear appropriate swim attire over the rubber pant.
4. Children must be accompanied by a parent/guardian into the same gender-specific Locker Room with which they identify, or to utilize the Family Change rooms.
5. Noodles are the only equipment permitted during Family Swim.
6. Children under 16 years of age are **NOT** permitted in or around the spa pool for any reason.
7. Children are not permitted in lanes designated for lap swimmers during Family Swim time.

Facility staff reserve the right to eject and suspend any person from the Center for violation of facility rules or for any other action detrimental to the safe and orderly operation of the facility. Facility staff are not responsible for lost or stolen articles. Lockers are made available for your security and convenience. Remember to bring your own lock for a locker—locks are not provided. Locks can be purchased at the Reception Desk. Facility may close at any time without warning due to water quality or weather conditions.

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