

## The Lodge Aquatic Center Rules and Regulations

Our goal is to provide a safe and fun environment with extraordinary customer service for every guest. **Staff reserves the right to enforce other rules which may not be listed to maintain a safe and healthy aquatic environment.** Please help us achieve this goal by adhering to the following policies:

### General Aquatic Facility Policies

- For your safety, American Red Cross certified lifeguards are on duty at all times. Please obey lifeguards at all times. Staff reserves the right to ask patrons to discontinue use of the facility for safety reasons.
- Children under the age of 9 must be accompanied at all times by a responsible person age 15 or older. All children under the age of 9 and all persons not able to swim independently must remain within arms' reach of a swimming adult.
- United States Coast Guard-approved lifejackets are the only acceptable outside floatation device and are available to borrow in the bins provided. Noodles, floaties, rafts, etc., are not permitted.
- Persons with an open wound, rash or infectious communicable disease will not be admitted into the pool. Anyone who has experienced a stomach or intestinal illness within the past two weeks should not enter the water.
- Swim diapers under swimsuits are required for those who are diaper dependent. Baby swim diapers are available for purchase at the Front Desk.
- Please shower before using the pools.
- Proper swimsuit attire is required; loose fitting clothes are not permitted due to entrapment hazards. Please refrain from wearing street shoes on beach areas.
- No roughhousing, horseplay or running.
- Diving is not permitted anywhere in the aquatic center.
- Prolonged underwater swimming or breath-holding may lead to shallow water blackouts.
- Food and drink are permitted in concession areas only. Glass is not permitted. Due to choking hazards, please refrain from chewing gum while swimming.
- During periods of low attendance, attractions may be closed.

### Wave Pool

- Wave Pool Cycle: 20 minutes on, 10 minutes off. Swimming in waves can be physically tiring; pace yourself. Lifeguard will blow whistle to indicate the start of a new wave cycle.
- Enter and exit the wave pool through the beachfront when the waves are on.
- You may jump into the deep end and exit/enter using the ladders when the waves are not on.
- Swim fins, beach balls, noodles, inflatable rafts or tubes are not permitted. The Lodge clear tubes provided are first come, first served.
- Diving, flips, handstands or cartwheels into the pool are not permitted.
- Stay clear of walls, ropes and ladders.
- Swimmers may be asked to pass a swimming test to swim in the deep end or while the waves are on.
- Pool temperature is set at 84 degrees to accommodate for the variety of programs.

### Indoor and Outdoor Slides

- **Indoor Green Slide:** Minimum rider height is 42".
- **Outdoor Speed & Flume Slides:** Minimum rider height is 48".
- **Otter Slide:** Maximum rider height is 48".
- Please refrain from riding if you have a significant physical ailment or condition, wear a cast, have neck or back issues, high blood pressure, heart trouble, have a nervous disorder, may be pregnant or are under the influence of drugs or alcohol.
- Only one person on the slide at a time. Lifeguard will signal riders to enter and ride feet first, in a seated position. Please exit the catch pool immediately.

- Goggles, fins, metal watches, jewelry, shoes, swimsuits with metal or plastic zippers, buckles, rivets, buttons or metal/plastic ornamentation, floatation devices and loose fitting clothing are not permitted on any slide.
- No standing, running, climbing, pushing, shoving, kneeling, rolling, rotating or stopping down slide.
- Adults who are watching small children must stand to the side of the slide exit. Catching sliders is not permitted. Sliders must be able to independently swim.

#### Lazy River

- Enter and exit river only at designated areas. Floaters must follow the direction of the current and should not block the progress of other users.
- Guests may only use tubes provided and are first come, first served.
- Climbing, sitting, standing or walking on the walls in the lazy river is not permitted.
- No jumping or diving into the lazy river.
- No standing on tubes or stacking of tubes.
- No underwater or independent swimming.

#### Tot Play Pools

- Only children under the age of 6 accompanied at all times by a responsible person 15 years and older are allowed in the tot pools.
- No pushing, shoving or running allowed.
- Deck furniture is not permitted in the tot pools.

#### Spa

- **CAUTION:** If you are elderly, pregnant, have high blood pressure or are on medication, please consult your physician prior to use. A 15-minute time limit is recommended. The spa temperature is 104 degrees. Prolonged exposure may result in nausea, dizziness or fainting.
- Must be 16 years of age or older to use the spa.
- Prolonged use may cause swimsuits to fade due to sanitizing chemicals.
- Head must stay above water at all times.

#### Sauna & Steam Room

- **CAUTION:** If you are elderly, pregnant, have high blood pressure or are on medication, consult your physician prior to use. A 15-minute time limit is recommended. Prolonged exposure may result in nausea, dizziness or fainting.
- Must be 16 years of age or older to use the sauna and steam room.
- Proper attire is required and personal grooming is not permitted.

#### Locker Rooms

- Running, horseplay and excessive noise are not permitted.
- Tanning oils, food, drink and glass containers are not permitted.
- Please place all facility towels in the bins provided.
- Swimmers should use the restroom and shower before using the pools.
- The City of Des Peres is not responsible for lost, stolen or damaged items. Lockers are available in men's, women's and family changing rooms, as well as the outdoor pool and fitness center. Locks may be borrowed from the Front Desk with a photo ID. Please do not leave valuables unattended.