



City of Boulder Parks & Recreation

AQUATICS RULES

Hot Tub Rules:

- A maximum capacity of 10 people in the spa at South and East and 15 at North at a time.
- Children under 12 allowed only with direct adult supervision.
- Anyone who is pregnant, diabetic, has heart disease, irregular blood pressure, or other medical conditions should consult a physician before use.
- Proper swim attire is required in spa.
- No pool equipment or toys allowed in the spa.
- No horseplay allowed in the spa.
- Please keep your head above water, do not submerge.
- Do not use the spa while under the influence of drugs or alcohol.
- Do not stay in the hot tub more than 15 minutes without a break.

Pool Rules:

- Swim only when lifeguard is on duty and follow Lifeguard instructions.
- Shower required before entering pool or spa. Proper swim attire required in pools and spa.
- Children under 6 years of age must have an adult in the water within arm's reach at all times.
- Children ages 6 to 8 must have an adult in the pool area at all times.
- Swim diapers are required for all children under 3 years, are not potty trained or lack control of defecation.
- No innertubes or baby floats allowed.
- Only coast guard approved lifejackets or puddle jumpers permitted- no water wings or suits with built in flotation permitted.
- Anyone using a lifejacket or puddle jumper MUST be accompanied by an adult who is in the water within arm's reach at ALL times.
- Lap lanes are for lap swimming or exercise only. Diving allowed in designated areas only. Starting blocks may be used during supervised practice or competitions only.
- No food, drink, gum or glass containers are allowed in pool area.
- No running or horseplay in or around pool (rough play).
- Intentional hyperventilation or extended breath holding activities are prohibited.
- Swim breaks may occur when staffing needs determine.
- Do not swim with open wounds or sores.
- Do not swim if you have or have had diarrhea in the last 24 hours.

Slide Rules:

- **Swim test* required before using the drop slides.**
- Riders must be 48 inches ride any of the slides.
- Must ride slide feet-first while lying on your back.
- No stopping on slide.
- No flotation devices or toys allowed on slide.
- Only one person allowed on the slide at a time.
- Exit slide catch area immediately, catching riders is prohibited.

Diving & Springboard Rules:

- **Swim test* required before using this attraction.**
- Only forward-facing jumps, dives and flips are allowed.
- Only one person allowed on the board at a time.
- Only one bounce is permitted.
- Must jump straight off the end of the board facing forward.
- Ensure area is clear before jumping, catching children is not permitted.
- No toys or flotation devices allowed while using board.

Rock Wall Rules

- **Swim test* required before using the attraction.**
- A lifeguard will manage the Rock Wall to ensure guest safety.
- Two (2) climbers at a time.
- Do not swim under other climbers under any circumstances.
- Upon finishing, swimmers must exit at the ladder south of the wall or swim to, and under, the rope that divides the deep well and the zero-depth area.

Platform Rules:

- **Swim test* required before using the attraction.**
- A lifeguard will dispatch guests when the area beneath the platform is clear.
- No flips, back flips, back dives, inward dives, or gainers (reverse dive).
- Upon finishing, swimmers must exit the pool immediately at the ladder south of the platform.

Lazy River Rules:

- All guests in the lazy river must be 48" tall, **pass a swim test***, or be accompanied by an adult. We reserve the right to administer a swim test to any individual.
- All guests enjoying our river must be on top of a tube that we provide. Standing inside or under the tube is prohibited. The only exceptions are:
 - 1) A parent or caregiver walking and holding on, alongside a child in a provided tube.
 - 2) A guest or instructor attending a river fitness class.

Sauna Rules

- Shower recommended before use.
- Proper swim attire is required.
- Do not use the sauna under the influence of alcohol or drugs.
- Maximum of 8 people in the sauna at a time.
- Children under 12 allowed only with direct adult supervision.
- Anyone who is pregnant, diabetic, has heart disease, irregular blood pressure, or other medical conditions should consult a physician before use.
- No shaving, use of essential oils or cellphones in sauna. No food, drink, gum or glass containers are allowed in the sauna.
- Shower required after exiting the sauna before entering a pool or spa. Do not pour water on sauna equipment or benches.
- Do not stay more than 15 minutes in sauna without a break.

***Swim Tests:**

Anyone under the age of 12* must complete a swim test to use the following attractions: Deep End (3ft 6in plus of water) Diving Board, Platform, Drop Slide, Climbing Wall and Lazy River. Once completed, patron will be provided with a lime green wristband indicating passed test. Swimmer must be able to jump into the pool feet first, resurface and then begin swimming on their front. Swimmer must swim to the wall (Scotty) or lane rope (NBRC) and then turn around and swim back to start. Swimmer may swim next to the wall if needed, but if they grab on to the wall at any time, they do not pass and must retest at next opportunity.

Swim tests will be offered starting 15 minutes before open swim and during safety breaks. Meet by the ladder nearest the diving board.

**We reserve the right to swim test anyone in the facility at any time should we feel it necessary, even if already passed the test. All groups will be swim tested. Internal groups may swim test at start of summer and keep records of their own campers and just get wristbands on next visit.*

East Group Policy: Under 48 inches gets red wristband and cannot go down slide. They may swim test and receive green wristband to go in deep end/lazy river. Swim test consists of jumping in by basketball hoop, return to surface and swim on front to patio wall, turn around and swim back. They will be issued a green wristband upon completion.

North group policy: Red wristband if not tall enough for slide. Swim test for diving board and drop slide apply-see note above.

