

THE CENTRE

ROLLA'S HEALTH & RECREATION COMPLEX

Kiwanis Natatorium Policy

Kiwanis Natatorium

- Running and horseplay strictly prohibited.
- Diving prohibited, except into 8 feet of water.
- Street attire may be permitted when appropriate on deck, ie...concession area, swim coach, hospital employee, parent waiting for children in lessons, scuba instructor.
- Lined swimsuits only. No cut-offs, athletic shorts, biking tights, leotards or thong swimsuits allowed in water area.
- Use swim diapers for non-toilet trained patrons.
- Change diapers at designated changing stations.
- Children 8 and under must be directly supervised by those 16 years or older wearing a swimsuit.
- The Children's Play Area is for children age 9 and under only.
- Use of water wings and small rings only when accompanied by adult in water.
- Personal toys, including rafts, inner tubes, tennis balls, water guns, or Frisbees, are prohibited.
- Shower with soap and rinse thoroughly before entering the water.
- No swimmers with casts (unless designed for water use), open wounds, rashes, or infectious diseases.
- Food, drink, gum, glass, or coolers are prohibited from the deck area. Please use designated concessions area.
- The CENTRE is not responsible for lost, stolen, or damaged personal items.
- No spitting.
- Only authorized personnel are permitted to stand or walk on islands or peninsulas.
- Enter vortex through its water entrance.
- Refrain from hanging or climbing on railings or lane markers.

Water Slide

- If you are pregnant, have a fear of heights, or have heart or back problems – do not use slide.
- You must be a minimum of 42" tall and be able to swim unassisted.
- Only one person may slide at a time. No partners or trains are allowed.
- Please form a single file line when waiting to use the slide.
- Do not stop, stand, kneel, or rotate on the slide. Keep hands and feet inside at all times.
- Go down feet first, lying on back or in a sitting position.
- Do not catch sliders as they exit the flume.
- No fins, glasses, metal watches, or swimsuits with metal zippers, buckles, rivets, buttons, or metal ornamentation.
- Exit catch pool quickly.

Children's Pool Play Area

- Running, jumping, climbing and pushing prohibited.**
- Slide feet first on back down the frog slide.**
- Keep hands and feet inside at all times.**
- Weight limit is 85 lbs. on frog slide. No adults on slide.**

Therapy Pool

- Guardian who is 16 years of age or older must accompany children age 15 or younger.**
- Maximum of 10 people in spa at one time.**
- Individuals with open sores or rashes should not use the therapy pool.**
- Wear proper swim attire.**
- Use of oil-based lotion products prohibited when using spa.**
- Shower before pool entry.**

Lap Swimming Etiquette

- Be courteous of other swimmers.**
- A circle pattern will be used for swimming laps. Always stay on the right side of the lane, swimming in a counter clockwise direction.**
- If you stop between lengths, sit next to the wall to avoid congestion.**
- Maintain a reasonable distance between swimmers.**
- When passing notify the swimmer in front of you with a tap on the foot and pass in the middle of the lane. Watch for oncoming swimmers.**
- If you are continually passing or being passed, move into the next appropriate lane. Check with the lifeguards for lane speeds.**

Diaper Policy for Pool

- All infants, toddlers, and children who are not toilet trained must wear swim diapers.**
- Swimmers identified above not wearing diapers will be asked to exit the swimming area until a swim diaper is part of their attire. Swim diapers are available for sale at the front desk.**
- Parents/guardians are required to change diapers at designated diaper changing stations located in the Family, Women's, or Men's Changing Rooms. Please do not change diapers on the aquatic center deck or in the concession area.**
- Children and patrons who have had diarrhea within the past two weeks are asked not to use the aquatic center.**
- Parents/guardians should ask their children to refrain from drinking the pool water.**
- If your or another child does have an accident in the pool water or deck area, please notify a staff member immediately.**