FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Burbank Community YMCA
SPA RULES

1. You must be at least 15 years old to use the spa, **no exceptions.**
2. Take a cleansing shower before you enter the spa.
3. Proper swimming attire must be worn at all times.
4. Running on the deck or in the locker rooms and showers is not permitted.
5. Food, gum or drinks are not permitted on the deck.
6. Persons with bandages, open cuts or wounds, inflamed eyes or mouth, and nose or ear discharge are not permitted to use the pool.
7. Horseplay of any kind will not be tolerated.
8. Diving is not permitted in the spa at any time.
9. Working out in the spa will not be permitted at any time.
10. Bathing or washing yourself in the spa will not be permitted at any time.
11. Urinating, spitting or blowing your nose in the spa will not be tolerated.
12. For your safety swim caps should not to be worn in the spa.
13. For your safety we recommend that you limit your time in the spa to no longer than 10 minutes.
14. Prolonged exposure to the hot water of the spa may result in nausea, dizziness or fainting.
15. Elderly persons, pregnant women and persons with health conditions requiring medical care should consult a physician before entering the spa.
16. Hot water immersion while under the influence of alcohol, narcotics, drugs or medications may lead to serious health consequences and is not recommended.
17. The Lifeguard's word is final. Listen to the lifeguard at all times.