

# TRAIL WINDS RECREATION CENTER

## AQUATIC RULES FOR YOUR SAFETY

1. All swimmers must shower before entering the pool area.
2. Everyone wishing to enter the pool must pay admission fees. Children five years and younger must be accompanied into the water by a paying guardian 14 years or older and must remain within arm's reach at all times. Children 6-8 years must be accompanied into the pool area by someone 12 years or older.
3. Diving is allowed in designated areas only. No diving is allowed in water less than five feet deep.
4. No running, dunking or excessive horseplay. No spins, flips or going backwards from the side of the pool.
5. No glass is allowed in the pool area or locker rooms.
6. No smoking, alcoholic beverages/beverages, food, gum or candy allowed in the pool area or locker rooms.
7. Instructions of the lifeguards must be obeyed.
8. For the safety of yourself and others please do NOT use the pool or hot tub if you have a cold, diarrhea, excessive sunburn or unhealed abrasions.
9. All swimmers must wear appropriate swim attire. Plastic pants or swim diapers are required for all toddlers and must be checked and changed often. Inappropriate swimwear such as a thong bathing suits will not be permitted.
10. No underwater breath holding is allowed at any time.
11. Children five years and younger are NOT allowed in the hot tub.
12. Adult Lap is for individuals 18 and older. Those under the age of 18 may apply for approval to swim during adult lap time by calling the Aquatic Specialist at 720-977-5919. Youth lap times are available for approved swimmers.
13. Adults may not use the slide with their children or catch children at the bottom of the slide.
14. **Maximum Weight and Minimum Height for Slides**  
Inner Tube Slide | 250 lbs. maximum; 48" minimum  
Run Out Slide | 48" minimum