



# Welcome to the pool at HHF!

**Please follow the guidelines listed below and the rules posted at the pool at all times.**

- Sign-in at the front desk every time you arrive for swim. Please print.
- Before entering the pool area, remove your shoes or use the blue shoe covers provided when walking on the pool deck. Please use the wipes provided to wipe off bare feet if you wore sandals/flip flops that day.
- Rinse off before entering the pool.
- Lotion and conditioner clog our filters do not use these products if entering the pool.
- If your hair is longer than three inches, you must wear a swim cap, braid your hair or restrain it neatly with a band.
- Absolutely no food or glass containers are permitted in the pool area.
- HHF members may use 1 towel per pool visit during lap swim. There is a \$2 rental fee for using an additional towel. We have just one washer and one dryer (with no room to add another.)
- Clean up after yourself.
  - ~Trash can is located by the shoe rack.
  - ~Be gentle with the toilet, excessive toilet paper use will clog it.
  - ~Towels need to be placed in the laundry basket (located by the pool entrance) and swim objects need to be put away.
- No band aids permitted, they come off in the water. If you have an open wound, you may not swim.

## **Group Lessons/Family Swim Time**

- Do not let children run ahead or play on stairs, they must enter the pool area with you.
- Children must be supervised at all times.
- Please use the changing rooms provided in the pool area only. Children are not permitted in the gym locker rooms.
- Children are not permitted on the gym floor or to use any of the equipment. Be especially careful around the weights. They are heavy and can fall off racks.
- To reduce the possibility of contamination and potential health hazards, all children who are not completely toilet trained are required to wear a swim diaper, in addition to an additional layer of protection (swim suit or plastic pants, etc). Fecal matter (or vomit) in the pool requires us to close the pool and shock treat, this can take up to 24hours. It is essential that your child wear the proper attire. Report any accidents immediately.
- Make sure all swim diapers are disposed of properly.
- **Towel service not provided, bring your own towel.**

**SWIM LESSONS CONTACT:**  
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