

Rules & Regulations

Rules and regulations are created in order to enhance the safety and well-being of our members & guests. These rules are subject to change.

General Rules

1. All members must present a valid membership card and are required to check in at the front desk or designated pool entrance before using the facility.
2. All members are required to fill out a Health History Form before using the facility.
3. All eligible family members 14 and older will receive a membership card. Adults should scan their cards to check in members of their family less than 14 years of age. Note: members age 25 or older cannot be listed as a child on a family membership (unless legally documented as a dependent).
4. Lost membership cards will need to be replaced at the member's expense of \$2.
5. Lockers are available on a daily basis at no additional cost. Members are responsible for supplying their own locks and towels. Locks left on lockers may be removed, and all contents of the locker will be placed in the lost and found.
6. Lost and found items will be kept for at least two weeks. On the 1st and 16th of every month, all unclaimed items will be donated to a local charity.
7. Wet swimsuits or shoes are only allowed on the pool deck or in the wet side of the locker room. Dry shirts or a cover-up and shoes are required in all other areas of the facility.
8. Food and Drink:
 - a. Food is not permitted in the group fitness studios or KidZone, on the fitness floor (non- alcoholic beverages permitted in closed containers only), or in and around the edges of the pools (no beverage of any kind is permitted in the pools).
 - b. Glass and alcoholic beverages not purchased through our concession stand are prohibited on the premises.
 - c. Alcoholic beverages purchased through our concession stand are permitted on the outdoor pool deck only.
 - d. Coolers are allowed in the outdoor pool area anytime or indoor areas for special events only, and will be checked upon entry to the facility.
9. Drugs, e-cigarettes, and all tobacco products are prohibited on the premises.
10. Only approved Granite Falls Swim and Athletic Club employees or approved Health Care Providers may provide fitness or wellness services on the premises.
11. Members found purchasing from and/or compensating employees directly for any fitness/wellness services will have their membership terminated without refund.
12. Members shall not use or bring onto the premises any firearms, flammable or explosive materials, or any other articles deemed hazardous to persons or property.
13. Granite Falls Swim and Athletic Club reserves the right to exclude or expel from the property any person, who in the judgment of management, is intoxicated or under the influence of alcohol or illicit drugs, or who in any way violates the rules and regulations of the club.
14. Members shall not use profanity or do anything in or about the premises which could result in damage of property, present a nuisance, or otherwise injure the reputation of Granite Falls Swim and Athletic Club.
15. All non-members participating in fee based club programs are considered guests of the club and must comply with all club rules and regulations. Failure to comply may result in expulsion from the program without a refund of any program fees.

Gym Etiquette

1. Members are asked to limit cell phone usage to emergencies only and keep ringers on vibrate while in the Club. If it is necessary to take a call, please move from the fitness floor to the lounge area.
2. Place weights back in their designated locations.
3. Do not drop or bang weights.
4. Wipe down equipment with disinfectant after use.
5. During busy times, please "work-in" with others while using equipment.
6. Please limit cardio workouts to 30 minutes per machine, if others are waiting for equipment availability.
7. The cycle room may only be used when an instructor is present.
8. Members and guests 17 and older may use the group fitness studio, excluding the sound equipment, without an instructor present only if it is not rented by an outside party or scheduled for use by a Club program. Members are to confirm availability with the front desk.

Fitness Floor/Class Rules

1. Members are required to wear proper fitness attire (clean workout clothing and athletic shoes).
2. No one under the age of 12 is allowed on the fitness floor or in any adult group fitness classes.
3. Teen Certification Requirements:
 - a. Members ages 12-13 can participate in group fitness classes (excluding cycle classes) and are allowed on the fitness floor ONLY after completing the teen certification class. They must also:
 - i. wear their teen certification band.
 - ii. work out under the direct supervision of a member 18 years+ if using the machines or free weights.
 - iii. be supervised by a member 18 years+ if using the cardiovascular equipment or attending a group fitness class.

- b. Members ages 14-16 can participate in all group fitness classes and are allowed on the fitness floor ONLY after completing the teen certification class. They must also:
 - i. wear their teen certification band.
 - ii. work out side by side with a member 18 years or older if taking a cycle class or using the free weights.
- c. Lost teen certification bands will need to be replaced at a cost of \$1.
- d. The teen certification class costs \$30. Sign up and prepayment are required.
- 4. Members 17 and older are not required to complete the teen certification class and may receive a new member fitness room orientation within 60 days of joining the club or turning 17 at no charge or for \$15 after that time.
- 5. Please be advised that some of the Paramount equipment has a recommended minimum height requirement of 5 ft.
- 6. All Kids group fitness classes require an adult to sign participants in and out of class.
- 7. Sign up with the front desk is required for all classes tagged with an * on the Group Fitness Schedule:
 - a. Class sign up opens when the club opens the day before class.
 - b. KidzFit opens one week before class at 4pm.
 - c. Call to cancel at least 30 min before class.
 - d. A \$25.00 fee will be charged for a “No Show” or late cancellation.
 - e. Open spots will be filled up to 15 min before class.
 - f. After that time class openings will be filled, at the instructor’s discretion, by waitlisted members in the order they’re listed.
 - g. These classes are open to members or prospective members who are actively working with a membership representative.

Pool Rules

- 1. Children 13 and under must be supervised by a member at least 16 years of age in the pool areas at all times.
- 2. Parent/guardians must be in the water with their child(ren) ages 4 and under unless in a Swim Program with an approved instructor.
- 3. Review our seasonal lane schedule for lap lane availability.
- 4. Please pay attention to lane markers, which will designate lane availability.
- 5. There will be NO recreational swimming during Aqua Aerobics classes.
- 6. Recreational swimming is only permitted during scheduled and posted times.
- 7. Lifeguards will be on duty during designated posted recreational swim times only.
- 8. During the outdoor pool season, lifeguards will break for 10 minutes prior to each hour. All pools will be open for adult swim (18+) only during that time and all pool rules still apply.
- 9. If flotation devices are worn, they must be securely attached to the body. Parents must be within “arms reach” at all times. Approved flotation devices include water wings, life vests, bubbles or flotation suits with inserts.
- 10. Tubes with built in seats are allowed for children < 2, are subject to staff approval, and may be restricted during higher usage times.
- 11. All pool users must wear appropriate attire. No thong swimsuits, cut-offs, or jean shorts allowed.
- 12. All diapers must be changed in the bathrooms and not on lounge chairs, tables, or other areas of the facility.
- 13. All children who are not potty trained (meaning they never need to wear a diaper or pull-up and no longer have occasional accidents) must always wear swim diapers and vinyl training pants over their swim diapers while using the pools.
 - a. The Club provides vinyl training pants free of charge and offers swim diapers for purchase
 - b. During lifeguard breaks, please take your children to the bathroom
- 14. “Big Dipper” Slide:
 - a. Children must be at least 48” or pass the swim test to use the “Big Dipper” Slide.
 - b. Adults are not allowed to go down the slide with their children.
 - c. Glasses or goggles are not allowed while using the slide.
 - d. Must go down the slide feet first and one at a time.
 - e. During lifeguard breaks, the slide is for adult use only.
 - f. Upon entry to the water, promptly exit to the left using the stairs. There is no loitering in pool at the end of the slide.
- 15. Lazy River:
 - a. Children must be at least 48”, pass the swim test, or be accompanied by a member 16 or older to use the Lazy River.
 - b. All riders must be standing inside, sitting inside, or lying on top an approved Granite Falls flotation device.
 - c. Children 6 and under may ride on the lap of an adult, except during the 10-minute lifeguard break.
 - d. No flipping or passing tubes.
 - e. No passing other riders. Those who continually try to pass others will be asked to leave the Lazy River.
 - f. Entrance is by the stairs only and exit is by the stairs or ladders only. Please use the closest exit when the whistle blows.
- 16. The Sprayground feature is only for children 8 years old or younger.
- 17. The baby pool is only for children 4 years old or younger.
- 18. No balls or water guns are allowed, however, they may be used in supervised and organized Granite Falls programs or during less crowded pool times at the lifeguard’s/MOD’s discretion.
- 19. Pool furniture must remain on the deck and should not be brought into the zero entry area or water.
- 20. Diving sticks/rings and other toys are subject to staff approval, and may be restricted during higher usage times.
- 21. Persons with severe cuts or open wounds may be denied access to the pools.
- 22. No diving, flipping, cartwheeling, or any dangerous pool entry moves.
- 23. Use of diving blocks is only permitted under the supervision of a swim instructor, coach, or other approved Club employee.

24. No running in any area of the pool, including pool decks, pools, water features, slides, stairs, etc. unless participating in an approved and organized Granite Falls program.
25. No sitting or standing on shoulders or rough housing in any pool areas.
26. Be aware of pool depths at all times. Stay in appropriate water depth according to your ability.
27. Stay off of all lane lines.
28. Do not swim over the top of the lane lines.
29. Clean your area and dispose of all trash before leaving.

Swim Test

1. All children under 48" must pass a swim test in order to be allowed to use the Lazy River without being accompanied by an adult, the "Big Dipper" Slide or swim in water above their head. The test includes:
 - a. Swim 25 yards non-stop and unassisted (One length of the pool).
 - b. Tread water for 1 minute non-stop (Keeping head above water).
2. Those who pass the swim test will be provided with a blue wrist band to wear while swimming.
3. Anyone may be asked to retake a swimming test at any time for safety reasons.
4. If the swim test is not passed on the first try, children may reattempt the swim test at another time.
5. There is a \$1 charge for replacement bands and another swim test must be taken to receive a new band.
6. Swim test may be taken any time by visiting the aquatics office or the guard manager on duty identified by a red lifeguard shirt.

KidZone Fees and Policies

KidZone Fees:	Monthly Draft:	1-3 children: \$20 per month 4+ children: \$25 per month
	Pay Per Visit:	<i>Must pay at the front desk</i> \$5.00 per member or per child of a non-member adult participating in a Club program \$7.50 per guest

KidZone Policies:

1. Children between the ages of **6 weeks and 13 years of age** are allowed in the KidZone Area.
2. Parents must sign their child(ren) in each visit.
3. Time limit per visit is 2 hours max/day for children 8 months and older; 1 hour per day for infants under 8 months of age.
4. Only children enrolled in camp extended day or whose parents are working out in the Club or participating in a Granite Falls wellness program are allowed in the KidZone. Therefore, outdoor recreational pool users do not qualify.
5. KidZone fees are drafted each month along with monthly dues, or may be paid per visit.
6. Each child will be given a sticker at check-in for security purposes and members should be prepared to show their membership card at pick-up for identification.
7. No food or gum is allowed in the KidZone.
8. Please see the KidZone Parent Manual for additional policies and information.

Guest Fees and Policies

Outdoor Pool Season:

- \$10 per guest weekdays (Monday-Friday)
- \$15 per guest weekends (Saturday-Sunday and holidays)

Off Season:

- \$5 per guest per day

Guest Policies:

1. Guest are only permitted to attend group fitness classes that require pre-registration if they are actively working with a representative of the membership department. They cannot be added to the list by anyone besides that membership associate.
2. Guests are required to check in.
 - a. All guests must check in at the front desk.
 - b. All guests 18 and older must present valid identification.
3. Each guest pass is valid for one guest and one day of club use.
4. A guest pass is not required for children under 2.
5. All guests, regardless of age, do need to pay per visit fees for the KidZone.
6. Guests must always be accompanied by a member.
7. All guests using the Fitness Floor must meet the minimum age requirement of 17 years of age (identification required).
8. All guests must sign the guest log and follow all club rules and regulations.
9. Failure to comply with any of the club rules may result in being asked to leave the premises without a refund of guest fees.
10. Members are responsible for any injuries and/or damage to persons, property, facilities, and/or equipment caused by their guests.
11. Up to 4 guests per membership are permitted per day unless approved by a manager.
12. Guest fees are refundable only if an unforeseen pool closure occurs within 2 hours of your arrival. You must see a manager before leaving the premises the same day of the closure to receive your refund.

Babysitter/Nanny Pass

1. This pass may be purchased through the membership office, costs \$150, and is good for one year.
2. This pass allows admittance to the pools only for one individual caregiver, 16 years of age or older, caring for a member's child(ren) only and for the sole purpose and benefit of the children.
3. Caregiver must remain with the children in the pool area at all times.
4. Caregiver is not permitted to bring guests or any children other than those designated on the membership.
5. This pass may be revoked, without refund, at any time if pass rules or any club rules are broken.
6. No refunds on passes.
7. Passes are only good weekdays from 10:00 am-5:00 pm.

Inclement Weather Policy

Club:

1. The club may close or delay opening based on actual or forecasted inclement weather.
2. Updates will be sent to all members by email, our Facebook page and website will be updated, and a prerecorded greeting will be accessible from our main phone line.

Outdoor Pools:

1. Members must exit the water and wait 30 minutes before entering the pool if the *bottom of the pool is not visible* or after the last observation of *thunder*.
2. Members must exit the water, seek safe shelter, and wait 30 minutes after the last *lightning* sighting before entering the pool.

Indoor Pool:

1. Members must exit the water and wait approximately 30 minutes after the *inside lights flicker* before entering the pool.
2. Evacuation is not required for thunder or lightning alone.

Summary of Age Requirements

Area	Ages	Specific Requirements
Membership Cards Issued	14+	
Cardiovascular Equipment and Group Fitness Classes (excluding Cycle classes)	12-13	With teen certification and supervision of a member 18+
	14-16	With teen certification
	17+	No limitation
Cycle classes/room	12-13	Not permitted
	14-16	With teen certification and supervision of a member 18+
	17+	No limitation
	-	Room may only be used when an instructor is present
Machine Weights	12-13	With teen certification and under supervision of a member 18+
	14-16	With teen certification
	17+	No limitation
Free Weights	12-16	With teen certification and side by side supervision of a member 18+
	17+	No limitation
Group Fitness Room	17+	May use the group fitness room without an instructor if it is not rented by an outside party or scheduled for use by a Club program.
Indoor and Outdoor Pool	13 and under	Supervised by member 16+
	4 and under	Supervisor must be in water with child, unless child is participating in a swim program with an instructor
Baby Pool	4 and under	Supervised by a member 16+
Big Dipper Slide	n/a	Must be at least 48" or pass the swim test
Lazy River	n/a	Must be at least 48", pass the swim test, or be accompanied by a member 16+
Sprayground	8 and under	May use the sprayground
KidZone	6 weeks- 8 months	1 hour per day
	8 months-13 years	2 hours per day
Guest Usage of:	n/a	Guests must always be accompanied by a member
Fitness Floor	17+ only	
Pool		The same requirements that apply to members apply to guests
KidZone		The same requirements that apply to members apply to guests