

# Hot Tub and Lap Pool Safety Guidelines at Historic Gilchrist Waterfront Resort

To ensure a safe and relaxing experience at the Historic Gilchrist Waterfront Resort, we kindly ask all guests to follow these safety guidelines when using our hot tub and lap pool facilities.

## General Guidelines

1. **Supervision:** Children under 14 must be supervised by an adult at all times in the hot tub and lap pool areas.
2. **Health Restrictions:** Guests with certain health conditions, including heart disease, high blood pressure, or pregnancy, should consult a doctor before using the hot tub. Avoid using the hot tub or lap pool if you have open wounds or contagious conditions.
3. **Time Limits:** Limit your time in the hot tub to 15 minutes at a time to avoid overheating. Take breaks if you wish to use the hot tub for an extended period.
4. **Hydration:** Drink plenty of water before and after using the hot tub to stay hydrated. Avoid alcohol consumption while using the hot tub.
5. **No Diving:** Diving is strictly prohibited in the hot tub and lap pool due to shallow water depth.
6. **Running:** Do not run or engage in horseplay around the hot tub and lap pool areas to prevent slips and falls.

## Hot Tub Guidelines

1. **Temperature Awareness:** The hot tub water temperature should not exceed 104°F (40°C). If the temperature feels too hot, exit the tub immediately.
2. **Entering and Exiting:** Use caution when entering and exiting the hot tub, as surfaces may be slippery. Use the handrails provided for support.
3. **Children in Hot Tub:** Children under 5 should not use the hot tub. Older children must be closely supervised and should spend only short periods in the hot tub.
4. **Electronic Devices:** Keep electronic devices away from the hot tub to avoid electrical hazards.

## Lap Pool Guidelines

1. **Resting:** If you need to rest, please move to the side of the pool to allow other swimmers to pass.
2. **Floating Devices:** Only use personal floatation devices, kickboards, or other equipment in the lap pool if it does not interfere with other swimmers.



## Emergency Procedures

- **Emergency Exits:** Familiarize yourself with the location of emergency exits, first aid kits, and rescue equipment.
- **In Case of Emergency:** If you experience dizziness, nausea, or any discomfort while using the hot tub or lap pool, exit immediately and seek assistance from a staff member.
- **Rescue Protocol:** If you witness an emergency, do not attempt a direct rescue unless trained. Instead, use a reaching or throwing assist and notify resort staff immediately.

## Respect for Others

- **Noise Levels:** Maintain a quiet and respectful atmosphere in the hot tub and lap pool areas to ensure relaxation for all guests.
- **Cleanliness:** Please keep the hot tub and lap pool areas clean. Dispose of any trash in the provided receptacles.

We appreciate your cooperation in following these safety guidelines, which help ensure that everyone can enjoy a safe and pleasant experience at the Historic Gilchrist Waterfront Resort. If you have any questions or need assistance, our resort staff is always here to help. Enjoy your time with us!

