





## Membership Packet

**Pool Location is 6795 Crystal Downs Drive & Vernazza Clubhouse located at 6254 Vernazza Way.**

The Vernazza Clubhouse & pool is available to all Windsor Highlands Metro Districts "WHMD" residents free of charge. This pool membership is included in your District taxes and/or a portion of your O and M fee in District No. 1.

A clubhouse (Vernazza) & pool FOB will be issued to District members in good standing with the Districts. District members in good standing with the Districts are: Paid in full on their taxes, O and M fees, along with no outstanding covenant violations. If District member status changes and you become a District member who is not in good standing your FOB may be turned off until issues are resolved.

District Member definition for the Clubhouse & Pool Membership Form: Consists of the applicant, spouse, guardians (two adults) and dependents. Dependents are persons un-married, 23 years of age or younger who reside at same address as applicant and/or are dependent upon applicant for financial support. Over 21 assumed going to school. Adults with disabilities except from this rule.

If a home is a rental, FOB will be issued to either the renter or the home's owner not to both. One FOB will be issued to each home/lot. **FOB is not to be shared, and FOB is owned by WHMD.**

Clubhouse & Pool memberships carry no proprietary rights. No District members shall have or acquire any property rights in the property, assets, or holdings of Windsor Highlands Metro Districts. Vernazza Clubhouse & Pool membership for the District members includes Access to the Vernazza Clubhouse and the Pool (Seasonal), during hours of operation.

**To get your FOB or FOB reactivated or you are new in the community and need a FOB:** Read the Membership Packet, complete page 1 of the Membership Packet. Scan and e-mail the Membership Form (page 1) to the District at [manager@windsorhighlandsmetrodistrict.com](mailto:manager@windsorhighlandsmetrodistrict.com)

**All membership forms are processed in the order they are received. The membership form will be reviewed and processed within five (5) working days.**

The District will bring FOB to you, or have you pick up the FOB at either the Vernazza Clubhouse located at 6254 Vernazza Way or the Clubhouse & Pool Location at 6795 Crystal Downs Drive. Meeting location will be specified in e-mail. The pool FOB must be presented when using the Pool. Lost pool FOB will result in a replacement fee of \$25.00.

A guest fee is required for all Pool Guests. **Pool guests have a limit of 4 guests per day.** District/pool member must be with the guest/guests and remain at the pool with your guests. See rules on guests and associated fees for guests when required. **(No free guests, and you must be a member of the pool to bring guests)** Also available is a nanny pass for your childcare provider. The nanny pass is to be used for childcare providers that are not District/Pool members or a family member over 23 (see Dependent definition) that is your providing childcare.

**Pool Members fees listed below for additional guest pass and or nanny pass if needed.**

\$ 5.00 Daily Guest Fee: For adults and kids aged 2 or more. Kids under 2 are free. (Fees subject to change)

\$ 50.00 Nanny Pass: To add an additional name to your membership for a childcare provider. You may Purchase the nanny pass at the pool. **Nanny/daycare provider must attend with a District member.**

When you are at the pool and want to pay the guest fees or nanny pass have cash, check, or money order payable to WHMD. You must be a pool member to bring a guest and to purchase a daily guest pass.



## General Pool Rules and Regulations

### Supervision Required:

Lifeguards are not replacements for close, active supervision of child/children by their guardian or parent. Parents or guardian, whether or not they are at the pool, are responsible for the safety and behavior of their children. For the protection and safety of all pool users, all parents, guardians, and children are expected to follow the rules and regulations for adequate supervision at all times: **DO NOT LEAVE CHILDREN UNATTENDED AT THE POOL.**

It is the responsibility of parents and/or guardians to ensure that dependents (regardless of age) who are non-swimmers or have limited swimming abilities, remain in shallow water levels and are always within arm's length of an adult. Do not leave your children at the pool unattended, lifeguards are not babysitters. If you use a day care provider or a babysitter, please talk to them about supervision of your child/children at the pool. Do not leave child/children unattended in the pool or surrounding area.

**Ages 0 to 12:** A parent and or guardian must accompany all dependents under the age of 13 to the pool. That person is responsible for the supervision of the child/children at all times. An adult must be within arm's reach in the water for all children ages 0 to 6 years old.

**Non-swimmers age 6 and above:** May not be in the deep end of the pool and must be within arm's reach of an adult who is in the water or must wear a Coast Guard approved life jacket.

**Age 13 to 17:** May swim unaccompanied during regular lifeguard hours with demonstrated adequate swimming ability by swimming the length of the pool twice to the satisfaction of the lifeguards.

All persons using the Pool and adjoining areas shall be responsible for their own safety and shall be deemed to assume risk of using the pool and agree by their presence in the Pool and surrounding areas, that neither the operator, its agents or employees shall be liable for any loss, injury or death arising out of the Pool areas. Applicant assumes full financial responsibility for any damage caused by you/myself, spouse, guardians, dependents, and/or guests to the Pool.

**Lap Rope:** When lap rope is up, keep children out of area for lap swimmers.

### Lifeguard Responsibilities:

The lifeguards or other authorized personnel have responsibility for all activities at the pool and in the pool enclosed area and, therefore, have the authority and responsibility for the following:

- A.** Close the pool at any time due to acts of nature, weather (Thunder, Lightning, rain,) fire ash, dust storms, safety reasons, disturbances, mechanical issues (Heater, pumps, etc.) pandemics and water quality issues due to human defecation or outside temperature of 65 or less. Keep in mind if the pool closes due to weather it could remain closed for the entire day, depending on the time of inclement weather and weather forecast for that day.
- B.** Remove any person from the pool area for any logical reason including improper swimming attire, (cut-offs, and thongs are prohibited), reckless play, intoxication, etc.
- C.** Non-swimmers may use lifeguard-approved flotation devices. Swimmers who are dependent of flotation devices to swim must be supervised and accompanied by an adult swimmer who is also in the water; they must be within arm's reach and supervise the swimmer.
- D.** Lifeguard's have the right to assess any one's swimming ability as seen fit and might ask the swimmer to complete certain swimming task to assess that person swimming ability.
- E. The lifeguard is not a nanny or babysitter.** They are concerned with overall pool safety and cannot/will not supervise one individual.
- F.** Orders of the lifeguard must always be obeyed. If you have a concern or complaint, please direct it to the Pool Manager. If a problem continues contact the District Manager.



- G.** Snorkels, fins, masks, kick boards, weights, Frisbees, small balls, and inflatable devices are NOT PERMITTED in the pool unless permission is obtained from pool staff. **(This depends are number of people in pool area)**
- H.** All swimmers under the age of 18 must vacate the water during rest breaks (No Exceptions). No sitting on edge of pool during rest breaks.
- I.** **The** first time the rules have been disobeyed there will be a warning. The second time, the District member will be called about the incident. The third offense will result in possible membership being revoked, not being able to use the Pool for the remainder of the pool season or for a certain amount of time, with no refund if Out of District pool member.
- J.** Pool staff and/or District personnel may verify FOB/pool membership, to ensure member entry accuracy.

**General Pool rules and usage:**

- 1.** NO GLASS is allowed in the pool area at any time. Pop cans, other beverage containers, and general rubbish must be deposited in the trash receptacles. Food allowed in designated areas. Food is not allowed in the pool.
- 2.** NO RUNNING, NO DIVING, NO JUMPING IN BACKWARDS, NO WRESTLING, NO PUSHING, NO DUNKING, NO SPITTING, NO SMOKING OF ANY KIND and NO BALL PLAYING.
- 3.** Bicycles, tricycles, skateboards, roller skates, and other play equipment are not allowed in the pool area. Please Park in bike rack area.
- 4.** District/Pool Members and/or their guests will be requested to leave the premises if they are intoxicated, use foul or sexually explicit language, or exhibit violent, abusive, or other undesirable behavior.
- 5.** Swimmers are not allowed to hang around the lifeguard or interfere with or distract the lifeguard from the performance of their duties.
- 6.** No pets allowed in the pool area. They are not to be in any part of the common area around the pool, whether leashed or unleashed. Certified service dogs are accepted with proper paperwork. **Please send service dog paperwork to the District for verification before going to the pool.**
- 7.** Jumping the fence is prohibited. Violators will be prosecuted for trespassing and pool FOB taken away. Possible membership being revoked, or revoked for a certain amount of time, with no refund for Out of District pool member.
- 8.** Members are solely responsible for safeguarding any electronic devices, such as cell phones, laptop computers, tablets, I-Pods, and other electronic or battery-operated devices that they bring to the pool. Members are encouraged to keep those devices at least 15 feet from the pool to minimize damage from splashing and should not leave these devices unattended.
- 9.** Members who bring audio equipment to the pool area are responsible for keeping the volume at low levels.
- 10.** Musical devices, cameras, and cell phones are not allowed in restrooms/locker rooms.
- 11.** Swimmers must stay off ropes, safety lines when in place and lifeguard stands.
- 12.** Persons with open sores, skin infections, contagious diseases, COVID -19 or bandages will not be allowed in the pools.
- 13.** The pool is a non-smoking facility. Smoking of any kind, chew tobacco, firearms, weapons, and drugs are not permitted in or around the pool, pool deck, restrooms, parking lot, or on the pool area grounds.
- 14.** Possession and consumption of alcoholic beverages throughout the pool area is strictly prohibited.
- 15.** To keep a family-friendly environment, all swimmers must wear proper swimsuits. Cut-offs, gym shorts, and thongs are specifically prohibited. Swim diapers are required for children under 3 and for health and safety reasons. **Cloth or disposable diapers are not allowed.**
- 16.** Children over 5 years of age are required to use a restroom designed for their specific gender. Adults with disabilities except from this rule.
- 17.** At no time may gates be propped open for entry to the facility unless opened by a guard for facility usage reasons.



**18. Pool may close at any time:** Due to acts of nature, weather (Thunder, Lightning, rain,) fire ash, dust storms, safety reasons, disturbances, mechanical issues (Heater, pumps, etc.), air quality above 150 on the index, viruses, pandemics, COVID -19, water quality issues due to human defecation or outside temperature of 65 or less. Keep in mind if the pool closes due to weather it could remain closed for the entire day, depending on the time of inclement weather and weather forecast for that day. **Clubhouse sitting area may be closed due to any virus.**

**19. Covered Patio/Sunscreens areas:** Members and their guests can use the Covered Patio/Sunscreen areas of the pool at any time unless signage indicates that the patio /sunscreens area is reserved for private events.

**20. Pool Furniture:** Area cleaned once a day. If Chairs are or tables are dirty ask guards for soapy water and brush for you to clean. The district member will pay for any damage to the pool furniture, equipment, or facility by District member / or their guests. Due to high winds unpredictability, we no longer put out umbrellas.

**21. Water Tower/Bucket Dump:** Please note the pool has water features such as the Water Tower/Bucket Dump and a few fountains. The Water Tower/Bucket Dump fills up with water and dumps large volumes of water in the pool play area. Keep a close eye on your younger children and listen for the warning noise the structure sounds a few seconds before dumping. Water Tower/Bucket Dump can scare and/or knock over smaller children. We try to maintain a happy balance when water features are on. **Water features may be on and off during the day not always on posted schedule, please be aware.**

**22. Swimming Laps:** Only available during adult swim due to configuration of pool if allowed at all.

**23. District Member must be in good standing with the District to bring in guests.**

- a. District members must check guests in with guards and pay fees. Fees are posted and subject to change.
- b. Adult Member in good standing may bring in guests after paying fee per guest, per day. (See daily limits)
- c. Guest limit is 4 per day, per Home/lot or family. Not per family member. (Guests limits per day subject to change)
- d. Teen Member in good standing between the ages of 13-17 may bring in two (2) guests after paying fees. The guest limit is 2 per day for a teen, per Home/lot family. Not per family member. (**Limit of 2 guests per day by teen member**)
- e. A guest fee is charged for kids ages 2 and above, and all adults. **Children under two (2) are free.**
- f. Guest fee is paid daily and not refunded due to weather, mechanical issues, or illness.
- g. Guests: No in and out with guests, once guests leave, they must pay a fee for re-entry and be with a pool member.
- h. **Guest visits are permitted on a space-available basis only.** (Limit of 4 guests per day: Subject to change as community grows)
- i. I understand I will be given a one-time 10-punch guest card in 2022 with my new fob, I understand I must present this card at the time my guests are with me. If I do not have a guest punch card with me, I know I will pay the full cost for my guest.

**24. Nanny Pass for your childcare provider:** Add an additional name to your membership for a childcare provider.

The nanny pass is to be used for childcare providers/nanny's that are not District members and/or a family member over the age of 23 (See Dependent definition) **that is your childcare provider.** Nanny pass would be for your childcare provider or a grandparent and/or other relatives over 23 not living with you that would take your children to the pool. Nanny/day care provider must attend with a pool District member. Nanny passes can be purchase at the pool and expire at the end of the pool season purchased. See guard for form.

**25. Daytime Pool Party Rates & Policies:** (For a Pool Party contact the Pool Manager, After June 9<sup>th</sup>)

\*\* Parties with 16 or more people will not be scheduled during the day; due to overcrowding of the pool area. Talk to the pool manager about a nighttime rental. No coordination of several district members bringing family, friends, guests, or groups of any kind to avoid pool party cost, guest fees and to circumvent limits on daytime gatherings. These types of events can cause lifeguard coverage issues which limit swim time and put pool safety at risk.

**\* Day Pool Party dates may be reserved with full payment, beginning the Tuesday after Memorial Day \***



**Day time pool parties up to fifteen (15) guests** (2-hour party) for pool members may be held during regular pool hours. Check with guards for fees, for 2-hour party. If you need more than two hours, the price will be quoted.

The cost of a day pool party includes guests, guard coverage, tables, chairs, and a semi-private area. Daily guest limits do not apply to pool parties, **your guest limit at the pool party is (15) fifteen**. The guest count for a pool party will include all district members and guests. **(Swimmers and non-swimmers) Do not include clubhouse.**

Pool parties must be arranged with a 5-day notice with the pool manager, starting the Tuesday after Memorial Day, Full payment is due when you sign up for a reservation. Party Agreements are available at the pool or on the District web site. **After hours pool party (After 8:00 pm) see pool manager for quote.**

**\*\*\* Parties with 16 or more people will not be scheduled due to overcrowding of the pool area. \*\*\***

This is all parties or gathers, which include sport club parties, no groups over 15 people. We have found sports club parties come with the full team, parents, siblings, grandparents, cousins, and friends. A party or gathering ends up being 40 or 50 people. The pool area cannot handle these types of parties or gatherings during the day.

**26. Pool FOB will be issued:** District members in good standing with the Districts. District members in good standing with the Districts are: Paid in full on their taxes, O and M fees, along with no outstanding covenant violations. If statues change (District member in good standing), pool FOB may be turned off. \$25.00 fee if lost.

**27. District Member definition for the Pool Membership Form:** Consists of the applicant, spouse, guardians (two adults) and dependents. Dependents are persons un-married, 23 years of age or younger who reside at the same address as applicant and are dependent upon applicant for financial support, Adults with disabilities except from this rule.

**28. If a home is rented:** Pool FOB is issued to either the renter or the owner not to both. One Pool FOB will be issued to each home/lot. Pool FOB not to be shared. Pool FOB is owned by WHMD.

**29. Pool memberships carry no proprietary rights:** No District members shall have or acquire any property rights in the property, assets, or holdings of Windsor Highlands Metro Districts.

**30. The southwest gate:** To remain locked from the outside at all times (CLOSED). The pool can only be accessed through the north gate near the Lifeguard station. At no time may the southwest gate be propped open for entry to the facility unless opened by a guard for facility usage reasons.

**31. Clubhouse.:** Clubhouse is open during normal pool: For "quiet time" for adults or children supervised by adults and not left alone. The Clubhouse is a quiet area to cool off/take a break.

**32. All persons using the Pool and adjoining areas:** Please help keep the pool area clean. All person using the pool, shall be responsible for their own safety and shall be deemed to assume risk of using the pool, fitness equipment, and agree by their presence in the Pool and surrounding areas, that neither the operator, its agents or employees shall be liable for any loss, injury or death arising out of the Pool areas. Members assume full financial responsibility for any damage caused by themselves, spouse, guardians, dependents, and/or guests cause to the Pool. FYI: Pool water temperatures are 82°F to 84°F, the water should be no higher than 84°F (29°C), for recreational pools. Lost and found items will be held for up to 7 days, if not claimed taken to a local charity.

**33.** Use of the WHMD facilities shall be governed by any and all other rules adopted by the Board of Directors who may at their discretion change the rules from time to time. The District board's interpretation of these rules is final.

**Pool days of Operation and Hours can change: Hours of operation are weather permitting and available staff.**

The district does not send out e-mails when the pool closes due to weather issues. Please help keep the pool area clean.

**Pool will open Saturday of Memorial Day at 10:30 am weather permitting. Pool will close labor day at 6:00 pm.**

**Summer Pool Hours: 10:30 am to 8:00 pm.**

**Fall Pool Hours: Starting second Monday of August**

**Monday through Friday: Hours: 4:30 pm to 7:30 pm \* Saturday and Sunday: Hours: 10:30 am to 7:30 pm.**

**July 4<sup>th</sup>: Pool hours: 11:00 am to 5:00 pm (No food being served)**

**Holiday's Pool Hours: Memorial Day & Labor Day; Holiday Pool Hours: 10:30 am – 6:00 pm**

**WHMD (Mailing address, is the Clubhouse/Pool)**

**Office Phone number: 970-223-5473**

**6795 Crystal Downs Drive \* Windsor \* CO \* 80550**

**E-mail: [manager@windsorhighlandsmetrodistrict.com](mailto:manager@windsorhighlandsmetrodistrict.com)**



## Vernazza Clubhouse Rules

**The Clubhouse/Fitness Center/Hot Tub Area hours are as follows:**

**Opens at 4:00 am and closes at 10:00 pm, every day.**

**You must be out of the clubhouse by 10:000 PM.**

1. No one under the age of 18 is permitted in the Clubhouse without a parent or guardian.
2. Published closing times apply to the Clubhouse/Fitness area and District Members/guests must vacate the premises per the advertised times. The alarm system activates after closing hours.
3. **Residents are limited to bringing in two (2) guests into the Clubhouse/fitness/Hot Tub area.**
4. No loitering in or around the Clubhouse. This includes the parking lot.
5. See posted Fitness Center rules for that area. (No children in the fitness area)
6. No wet swimsuits on the Clubhouse furniture, card tables, and or in the Fitness Center area.
7. Guests must be accompanied at all times by a District member to enter the Clubhouse/fitness areas.
8. The clubhouse sitting area is open to all District members on a first-to-arrive basis.
9. **Clubhouse cannot be reserved. Limit to two guests.**
10. Please stay out of the Storage Closet or storage room if found unlocked.
11. **Kitchen Area: If you use anything in the kitchen area, you must clean it up after yourself.**
12. No cell phone usage or cameras in the locker rooms/restroom areas.
13. No smoking of any kind (Cigarettes, Cigars, Hemp, includes electronic/vapor, etc.) in the Clubhouse. This includes the Hot Tub area, the parking lot, or any area of the clubhouse grounds.
14. No cooking grills are allowed in or outside of the Clubhouse grounds. Use grills on the patio.
15. No foul language in the Clubhouse/Fitness Center/Hot Tub Area.
16. No pets permitted in the Clubhouse/Fitness Center/Hot Tub Area.
17. No firearms or any types of weapons in the Clubhouse/Fitness Center/Hot Tub Area.
18. No Alcohol in the Clubhouse/Fitness Center/Hot Tub Area or the parking lot area.
19. No unlawful use of the Clubhouse/Fitness Center/Hot Tub Area is allowed. Please report any suspicious behavior.
20. The Clubhouse or fitness area is for WHMD residents only: No district member shall conduct any activity for personal or any financial gain.
21. The clubhouse is limited to 68 total occupants. Fitness area Is limited 16 occupants. Patio or the Hot Tub area is limited 30 total occupants. Hot Tub is limited to 10 occupants, and sauna is limited to 7 occupants.
22. WHMD shall not be liable for any lost or stolen property.
23. Do not park bikes, tricycles, strollers, skateboards, etc. or any play equipment at the front entrance. Do not block doors.
24. Any issues are found with the Clubhouse, fitness area, Hot Tub; let the District know via e-mail or phone call.
25. Fob is owned by WHMD. **One membership per household/lot. Fob not to be shared.**
26. Use of the Clubhouse/Fitness area/Sauna/Hot Tub shall be governed by any and all other rules adopted by the Board of Directors who may at their discretion change the rules from time to time. The District board's interpretation of these rules is final.



## Vernazza Clubhouse Fitness Center Rules

1. The Fitness hours are as follows: **Opens at 4:00 am closing at 10:00 pm, seven days a week.**
2. Published closing times apply to the Clubhouse /Fitness area and District Members/guests must vacate the premises before advertised times.
3. **No one under the age of 14 is permitted in the fitness area.** 14 to 17-year old's must be accompanied by an adult 21 year or older and adult must be present in the fitness area with the minor. **Please do not bring toddlers, infants or small children to the fitness area or ask others if it is ok for you to bring in small children.** The fitness center is for adults; no fitness centers allow children in the work out areas.
4. The fitness area is for WHMD residents only: No district member shall conduct any activity for personal or any financial gain. No soliciting, selling, or advertising any service or product. The fitness area is limited to 16 WHMD members or **including two (2) guests with District members.** The fitness area is not set up for fitness classes. Guests (Limit 2) must be accompanied at all times by a District member in the fitness area.
5. WHMD members and guests who are in any doubt as to their physical fitness should seek medical advice before training.
6. **In case of emergency call 911, note address of facility; Vernazza Clubhouse located at 6254 Vernazza Way.**
7. Proper workout attire (Shorts, tee shirts, warm up clothes, yoga attire) and athletic shoes are required. Jeans, slacks, thongs, exposed sports bras, and swimsuits are not allowed to be worn in the Fitness area.
8. Shirts are to be always worn while in the Fitness area.
9. No food or beverages allowed in the Fitness area, **except water in non-breakable containers.**
10. Use of the equipment in this facility is at your own risk. Members must use all the equipment with care.
11. Please be courteous to fellow Fitness users and their guests.
12. All equipment is first come - first-used and may not be reserved.
13. Do not "monopolize" the exercise equipment. Thirty (30) minutes is the maximum time on any one piece of equipment (especially aerobic exercise equipment) if someone is waiting to use it.
14. Proper hygiene required, wash hands and wipe off any colognes and perfumes before working out.
15. **Bring your own towels and or wipes;** Wipe down machine after use and do not sit on machines when waiting on other machines.
16. No cameras or cell phone usage in the locker rooms/restroom areas.
17. No cell phone, laptop, face time use in the Fitness area, exit to the lobby/outside when on a call.
18. No smoking, vaping, alcohol, foul language, radio's, banging of weights, cameras, and no pets are permitted.
19. No unlawful use of the fitness area is allowed. The consumption, possession, or distribution of illegal or non-prescribed substances will not be tolerated.
20. Leave the Fitness Center area as you found it. Replace all weights & wipe down machines after use. Please bring your own towel or wipes for this purpose.
21. WHMD "Metro Districts" shall not be liable for any lost or stolen property.
22. Any issues with Fitness equipment let the District know via e-mail or call.
23. Replace all weights & wipe down machines after use. **(We know; We state this several times, wipe down machines after use)**
24. Use of the fitness area shall be governed by any and all other rules adopted by the Board of Directors who may at their discretion change the rules from time to time. The District board's interpretation of these rules is final.





## Vernazza Sauna Rules

1. No Children Allowed, no one under the age of 18 is allowed in the sauna.
2. Sauna limited to 7 people.
3. The following individuals should not use the sauna: pregnant women, those with heart disease, diabetes, high or low blood pressure, circulatory or respiratory problems, seizures, epilepsy, pregnant women, those who are using prescribed or illegal drugs or under the influence of alcohol. You should not enter the sauna without prior medical consultation.
4. Persons with wounds, open sores, genital or other skin infections, contagious diseases, viruses, or bandages should not use the sauna due to the possibility of spreading infection or irritating conditions to others.
5. Never use the sauna alone, please use the buddy system.
6. Shower before entering the sauna. Drink plenty of fluids before and after leaving the sauna.
7. Clean swim attire must be worn, and participants are required to bring a towel to sit on when using the sauna. Wear or sit on towel to protect wood from perspiration.
8. Allow yourself at least five minutes after exercising to cool down before entering the sauna.
9. Remove all contact lenses, metal jewelry prior to entering the sauna.
10. No grooming or any personal hygiene regiment in sauna.
11. Do not smoke, exercise, eat or drink beverages in the sauna.
12. Do not use the sauna to dry clothes, swimsuits, towels, or place materials near the heater/guard.
13. No music, Newspapers, magazines, or other reading materials are prohibited.
14. Nothing will be allowed in the Sauna except for your swimsuit, towels & shower shoes.
15. Keep the door closed. Make a Quiet Entrance or Exit.
16. The surface of the rocks, heater and surrounding area can be extremely hot. Exercise caution.
17. Do not put water or any other substance in the Sauna Heater.
18. This sauna is a dry sauna. Please do not pour water on the electric coals.
19. Prolonged use of sauna not recommended due to fatiguing effects. Limit yourself to a maximum of 30 Minutes in the sauna.
20. Leave the sauna immediately if you experience any nausea, dizziness, hot flashes, cold chills, headaches or other discomfort.
21. After using the sauna, participants should shower.
22. If repair is needed, contact the District.
23. Use of the sauna shall be governed by any and all other rules adopted by the Board of Directors who may at their discretion change the rules from time to time. The District board's interpretation of these rules is final.



## Vernazza Hot Tub Rules

1. The following individuals should not use the Hot Tub: Pregnant women, those with heart disease, diabetes, high or low blood pressure, circulatory or respiratory problems, seizures, epilepsy, pregnant women, those who are using prescribed or illegal drugs or under the influence of alcohol. You should not enter the Hot Tub without prior medical consultation.
2. To turn on Hot push silver button on control box mounted on post. **Hot tub on 30-minute timer.** Do not push the emergency shut off button to turn off hot tub unless it is an actual emergency. **Hot tub is on a 30-minute timer.** Hot Tub limited to 10 people.
3. No one under the age of 18 is allowed in the Hot Tub.
4. Never use the Hot Tub alone, please use the buddy system.
5. Shower or bathe with soap before entering the Hot Tub.
6. Take care when entering and exiting the Hot Tub. Take it slowly and cautiously. Be careful of your footing, and allow your body to gradually get used to the water temperature.
7. Avoid entering Hot Tub water immediately after exercising as hot water temperatures can affect the heart rate
8. Do not enter the Hot Tub if you are sick or have had diarrhea in the last 24 hours.
9. Persons with wounds, open sores, genital or other skin infections, contagious diseases, viruses, or bandages should not use the Hot Tub due to the possibility of spreading infection or irritating conditions to others.
10. Soaking in public Hot Tubs greatly increases your chances of getting a skin rash (pseudomonas).
11. Do not swallow Hot Tub water or even get into your mouth, this can cause infections and illness.
12. Do not immerse your head in the Hot Tub water, this increases the risk of infection and can heighten the dangers of drowning due to suction below the water line.
13. Observe limits on the maximum number of bathers. Others are waiting limit Hot Tub time to 30 minutes.
14. Soaking too long makes some people nauseous, dizzy, lightheaded, or faint. Do not soak for more than 30 minutes at one sitting in 104 degrees, water as extending this time can affect your inner organs and cause fever-like conditions. If you have any questions about what's right for you, consult your doctor.
15. No glass, cans, or other beverage containers, or food allowed in the Hot Tub area at any time.
16. No diving or jumping into Hot Tub. No running in the area.
17. The Clubhouse and Hot Tub area is non-smoking, No Smoking of any kind, no chew tobaccos, no drugs, in or around the Hot Tub, restrooms, parking lot, or in the clubhouse.
18. If you are intoxicated, use foul or sexually explicit language, or exhibit violent, abusive, or other undesirable behavior, you will be asked to leave.
19. No pets allowed in the pool area. They are not to be in any part of the clubhouse, or Hot Tub area, whether leashed or unleashed. Certified service dogs are accepted with proper paperwork. Please send service dog paperwork to the District for verification before going to the Clubhouse or Hot Tub area.
20. Jumping the fence is prohibited. Violators will be prosecuted for trespassing and FOB taken away. Possible membership being revoked or revoked for a certain amount of time.
21. Do not smoke, exercise, eat or drink beverages in the Hot Tub.
22. No radios, no music, no electronic devices, cell phones, or any battery- operated devices are to be within 15 feet of the Hot Tub. Cell phones and cameras are not allowed in restrooms/locker rooms.
23. Possession/consumption of alcoholic beverages throughout the clubhouse and Hot Tub area is prohibited.
24. To keep a G - rated friendly environment, all soakers must wear proper swimsuit. Cut-offs, gym shorts, and thongs are specifically prohibited.
25. Exit Hot Tub slowly because your leg muscles may be sufficiently relaxed and make you a bit unsteady, and you may become lightheaded.
26. Do not turn off the Hot Tub isolation switch off as the Hot Tub's power needs to be turned on to conduct the cleaning cycles. Hot Tub design to run 24/7.
27. Hot Tub area may close at any time: You should be aware of weather conditions and not enter the Hot Tub, Due to weather (Thunder, Lightning, rain,) fire ash, dust storms, safety reasons you see noticeable, mechanical issues, air quality above 150 on the index, viruses, pandemics, water quality issues due to human defecation. **If area has not been shoveled for snow removal do not enter. If repair is needed, contact the District.**