

FACILITY GUIDELINES BASED ON AGE GUESTS



GUEST INFORMATION:

- All guests **MUST** follow the age guidelines for use of the facility.
- The member is responsible for the behavior of the guest.
- Guests caught sneaking in **WILL NOT** be allowed to use the facility.
- Inappropriate behavior will result in dismissal from facility, without refund.

Please be aware of these Age Specific Guidelines.
Check area schedules for available activities and times.

CHILDREN 6 and UNDER:

Children 6 and under may use the following areas of the facility with direct adult (18+) supervision. The responsible adult (18+) cannot leave a child unsupervised to use another area of the facility. Guest ages 4-6 must pay a guest fee or use a guest pass. Ages 3 and under are free with paying adult.

- Pool: Only during Open Swim times and **MUST** be accompanied in the water with a responsible adult. See Aquatic Age Guidelines on back and pool schedule for availability.
- Gymnasium
- Track
- Racquetball Court: Check with fitness or front desk regarding availability.
- Climbing Wall: Available for children 6 and older with direct adult (18+) supervision. See climbing wall schedule for guidelines and availability.
- Locker Rooms: Responsible adult (18+) with **same gender** children 6 and under may use the Men's & Women's locker room. **Steam room and Sauna not allowed.** Children **MUST** be under direct adult supervision. Responsible adult with opposite gender children **MUST** use the family changing rooms.
- Weights, Cardio Mezzanine, and Turf: Not available for use.
- **All other areas of the facility are off limits unless the child is in a directly supervised Logan Health Medical Fitness Center program.**

CHILDREN AGES 7 – 12:

Guests 7 years & older must pay a guest fee or use a member guest pass. They have access to most of the facility; however, they must be supervised by a responsible adult (18+) and within sight at all times in the gymnasium, track and racquetball court.

- Pool: Only during Open Swim times when a lifeguard is on duty; a responsible adult (18+) must be on premises. See Aquatic Age Guidelines on back.
- Climbing Wall: Must be directly supervised by an adult (18+). See Climbing Wall schedule for other guidelines and availability.
- Weights, Cardio Mezzanine: Not available for use.
- Turf: Only when participating in a Logan Health Medical Fitness Center program led by staff.
- Locker Rooms: **MUST** use Boy's and Girl's locker room. **Men's and Women's locker rooms are off limits.**

CHILDREN AGES 13-17:

Guests 13 to 17 years may be in the facility without adult supervision. Children are required to sign in at the front desk for each visit. See Aquatic Age guidelines for details.

The Logan Health Medical Fitness Center's Shower Policy:

All participants in aquatic activities including Open Swim are required to take a cleansing, soapy shower prior to entering the pool or spa.

Please note: This policy is strictly enforced and we appreciate your cooperation.

AQUATIC AREAS					
	Age 0-5	Age 6	Ages 7-10	Age 11-13	14 & older
Spa	NOT allowed per Montana State Regulations.	Allowed during OPEN SWIM. <u>MUST</u> be under direct adult (18+) supervision in the water.	Allowed during OPEN SWIM. Responsible adult (18+) supervision <u>MUST</u> be on premises for ages 7-12.		Full Access
Multi-Use Pool See Schedule	Allowed during OPEN SWIM. <u>MUST</u> be under direct adult (18+) supervision in the water. (MAX 2 Non-swimmers per adult)		Allowed during OPEN SWIM. Non-swimmers <u>MUST</u> wear a life jacket, stay in the shallow end and have an adult in pool area. Responsible adult (18+) supervision <u>MUST</u> be on premises.	Allowed during OPEN SWIM. Non swimmers <u>MUST</u> wear a life jacket & stay in the shallow end. Responsible adult (18+) <u>MUST</u> be on premises for ages 11-12 only.	Full Access Non swimmer <u>MUST</u> stay in the shallow end.
Lifeguards are on duty ONLY during Open Swim.					