

Spa Guidelines & Rules

KETTERING RECREATION COMPLEX

General Spa Rules

1. All patrons using spa area must be 18 years or older.
2. Public display of affection is prohibited.
3. Please spend only 15 mins in each area (whirlpool, sauna, and steam room).
4. Whirlpool is restricted to a maximum of 10 bathers at a time.
5. Sauna is restricted to a maximum of 9 people at a time.
6. Steam room is restricted to a maximum of 10 people at a time.
7. Grooming of any kind such as shaving, scrubbing, or washing are not permitted in any of the spa areas.
8. Footwear must be clean and free of debris prior to entering the sauna or steam room.
9. Swim attire, workout shorts, and/or shirts must be worn while using spa area.

Cautions

1. Do not use alone.
2. Do not use the spa area while under the influence of alcohol, tranquilizers, or other drugs that cause drowsiness, raises or lowers blood pressure.
3. Patrons with the following conditions should not use spa without doctor's permission: heart disease, diabetes, on medication, pregnant, high or low blood pressure.
4. Long exposure in spa areas can result in nausea, dizziness, or fainting. Notify lifeguard if you are experiencing any of these symptoms.
5. Please stay hydrated while using spa area.
6. Phone and safety equipment is available in the pool office.

