

# *Whirlpool (Hot Tub) Rules*

KETTERING RECREATION COMPLEX

1. Patrons with the following conditions should not use spa without doctor's permission: heart disease, diabetic, taking medication, pregnant, high or low blood pressure.
2. Must be 18 years or older to use.
3. Showering prior to entering the whirlpool (hot tub) is recommended.
4. Do not exceed 15 minutes at a time; Long exposure to sauna temperatures may result in nausea, dizziness, and/or fainting.
5. Swim attire, workout shorts, and/or shirts must be worn while using sauna.
6. Essential oils, medical remedies, lotions, perfumes, and/or other scents are prohibited.
7. Do not tamper or move whirlpool jet covers.
8. Please stay hydrated while using.
9. Please turn off whirlpool timer if you are the last one to exit the water. Thank you!

*Whirlpool  
temperature will not  
exceed 104° F*