

## Locker Room Etiquette

- Cell phones and cameras must be placed out of sight while in the locker rooms. No talking, photographing or videotaping on cell phones is allowed.
- Items may not be left overnight in single-use lockers. Certain lockers are available to rent through membership.
- Please put your initials on locker so you can find it easily.
- Eating or drinking food or beverages other than water in the locker rooms is prohibited.
- Please limit towel usage to two to three towels per visit.
- Used towels should be disposed of using the bins. Please clean up personal litter and towels.
- Please keep shower time under 10 minutes.
- Do not spit or urinate in the showers.
- Please refrain from using handicap showers and lockers if you do not require them.
- Razor blades are not allowed in showers or steam rooms and must be disposed of in the specially marked containers.
- Do not occupy excessive space at vanities.
- Use supplies sparingly.
- Do not launder clothing at our vanities.
- Use perfume, cologne and deodorant sparingly.
- Manicures/pedicures, hair dyes or chemical treatments are not allowed.
- Please be quiet in the vicinity of the massage rooms – The Quiet Zone.
- Shower before entering the pools.

## Steam Rooms

- The Illinois Department of Public Health recommends using heat therapy, such as a sauna, steam room or whirlpool, for no more than 15 minutes at one time. If you wish to continue past that point, take a break for at least five minutes so that your core body temperature has time to drop. If at any time you feel light-headed, dizzy or faint, immediately move to a cooler area.
- If you have any of the following conditions it is not recommend that you use the steam room, whirlpool or sauna:
  - High blood pressure
  - Heart problems, recent heart attack or bypass surgery
  - Pregnancy (any stage)
  - Under 16 years of age
  - Diabetic
  - Under the influence of drugs or alcohol

If you have any of these conditions, please get clearance from your physician before using these facilities.

- Do not alter the steam room temperature by pouring water on the steam room sensors.
- Do not introduce scents and fragrances into the steam rooms.

## Children's Rules

- Children who have reached their fifth birthday, need to be in the locker room that corresponds with their gender.
- Strollers are not allowed in the locker rooms. Please park them in the designated area by the KidCenter.
- Baby carriers should be stowed away on top of the lockers.
- Do not run.
- Please use the family changing area which is the middle bay of lockers in each locker room.
- There are additional changing areas on the east and west pool decks.