

Aquatic Center Rules



General Rules—All Pools

- Children under the age of 8 must be within arm's reach of an adult over the age of 18.
- A shower is required prior to use of any pool or the whirlpool.
- Children under age 13 may ONLY use the lap swimming pool during designated family swim time, but must be under the direct supervision of a parent or other adult, age 18 or older at all times.
- Children who are members under the age of 16 must be supervised by an adult, 18 or older.

- Children under the age of 16 are not permitted in the whirlpool or therapy pool at any time except for Center sponsored events that permit such use.
- Swim suits are required when using the lap pool, whirlpool or therapy pool. Cutoffs and other frayed material will not be allowed.
- Infants must wear approved waterproof diapers or swim diapers at all times when using the lap pool.
- Hanging on the lane lines is not permitted.
- Absolutely no breath holding or hyperventilation activities permitted.

- Water shoes are permitted and recommended in all areas due to wet floors.
- Food, drinks and chewing gum are prohibited. Plastic water bottles are permitted.
- Horseplay is not allowed including running, pushing, dunking or throwing.
- No diving or head first entry into the pool.
- A minimum of 2 lap lanes will be open at all times in the lap pool.
- In the event of lightning, all pools will be closed and remain closed for 30 minutes following each lightning strike.
- No person will be permitted in any Center pool having: skin lesions, sores, inflamed eyes, mouth, nose or ear discharge, carrying infectious disease or having any type of bandage, adhesive tape, etc., on their body.
- No public displays of affection.

Warm Water Therapy Rules

- The warm water therapy pool is designated to serve the following purposes in this order:
- Physical and Occupational Therapy
- Therapeutic Group Exercise Classes
- Swimming Lessons
- Individuals performing exercise of a therapeutic nature.

Whirlpool Rules

- Children under age 16 not permitted in the whirlpool at ANYTIME.
- Pregnant women, elderly persons and persons suffering from heart disease, diabetes or high or low blood pressure should NOT use the whirlpool without prior medical consultation and permission from their doctor.

- Do not use while under the influence of alcohol, tranquilizers or other drugs that cause drowsiness or that raise or lower blood pressure.
- For safety reasons it is advisable to not be alone in the whirlpool.
- Allow yourself at least 5 minutes after exercising to cool down before entering the whirlpool.
- Please shower after exercising prior to using the whirlpool.
- Please do not stay in the whirlpool for greater than 15 minutes. Long exposure can result in nausea, dizziness or fainting.

Chairlift Procedures

The chair lift is designed for members and guests who need assistance entering and exiting the pool. The chair lift was designed to be self-operable. If you have any questions regarding the use of the chair, please ask the lifeguard or staff person on duty. If you need assistance using the chair lift, you may bring an attendant with you to help operate the chair lift.

Locker Room Rules

- Adult Locker Rooms are designated for members 13 and older.
- Children under the age of 13 ARE NOT ALLOWED in main locker rooms at any time. Family locker rooms and auxiliary locker rooms are designated for families with children under 13, swimming lessons, birthday parties, family swim and special-needs members.
 Please ask staff for appropriate instructions /location.
- Participants are required to shower before entering the pools or whirlpool.
- Shaving is not permitted in any pool or whirlpool.

Discrimination is Against the Law

Hays Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Hays Medical Center does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Hays Medical Center provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Hays Medical Center provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact the Director of Clinical Care Coordination at 785.623.5297, or the Operator at 785.623.5000.

If you believe that Hays Medical Center has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Chief Legal Officer Hays Medical Center 2220 Canterbury Drive Hays, Kansas 67601

Telephone Number: 785.650.2759

TTY/TDD or State Relay Number: 800.766.3777 (V/T); or Dial 711

Fax: 785.623.5524

Email: joannah.applequist@haysmed.com

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Joannah Applequist, Chief Legal Officer, is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services 200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201 1-800-368-1019. 800-537-7697 (TDD)

Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

ATTENTION: If you speak a language other than English, language assistance services are available to you free of charge. Call 1–855-429-7633 (TTY: 1–800-766-3777).

SPANISH

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-429-7633 (TTY: 1-800-766-3777).

VIETNAMESE

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1–855-429-7633 (TTY: 1–800-766-3777).

CHINESE

注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-855-429-7633 (TTY: 1-800-766-3777)。

GERMAN

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1–855-429-7633 (TTY: 1–800-766-3777).

KOREAN

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-855-429-7633 (TTY: 1-800-766-3777)

LAOTIAN

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ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄຳ,
ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທຣີ 1–855-429-7633 (TTY: 1–800-766-3777).
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ARABIC

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. TTY: 1-800-766-3777). برقم اتصل بالمجان لك تتوافسر اللغويسة المساعدة خدمات فإن ،اللغة اذكر تتحدث كنت إذا إملحوظة
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TAGALOG

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1–855-429-7633 (TTY: 1–800-766-3777)

BURMESE

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သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာကေား ကို ပြောပါက၊ ဘာသာကေား အကူအညီ၊ အခမဲ့၊ သင့်အတွက်
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စီစဉ်ထောင်ရွက်ပေးပါမည်။

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ပုန်းနံပါတ် 1–855-429-7633 (TTY: 1–800-766-3777 ) သို့ ခေါ် ဆိုပါ။
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FRENCH

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-855-429-7633 (TTY: 1-800-766-3777).

JAPANESE

注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます1-855-429-7633 (TTY: 1-800-766-3777)まで、お電話にてご連絡ください。

RLISSIAN

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1–855-429-7633 (телетайп: 1–800-766-3777).

HMONG

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1–855-429-7633 (TTY: 1–800-766-3777).

PERSIAN (FARSI)

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توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما
فراهم می باشد. با ( 777-780-1808-1 :TTY) -655-429-1 تماس بگیرید.
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SWAHILI

KUMBUKA: Ikiwa unazungumza Kiswahili, unaweza kupata, huduma za lugha, bila malipo. Piga simu 1–855-429-7633 (TTY: 1–800-766-3777).