

Fitness Center and Natatorium Use Guidelines

The 3,000 square foot Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. Many pieces of equipment are wheelchair accessible.

The Natatorium has three indoor pools that provide opportunities for aquatic exercise, stretching, and low impact/slow muscle movement. The water temperatures are set to allow seniors to exercise safely, while maintaining optimal ambient temperatures and humidity levels for the equipment to function properly.

All pools are wheelchair accessible. The lap pool has a zero-entry ramp and a low-level stairwell. The warm water pool is equipped with a powered chair lift, a low-level stairwell, and a transfer wall.

Please consult your physician or health care provider before beginning any type of fitness and/or aquatic exercise program. This is especially important for those with heart disease, diabetes, high/low blood pressure, or who are taking prescribed and/or over-the-counter medications.

Checking in & out

- Present your Santa Clara Senior Center Premium Membership card allowing the volunteer to see the picture on your card upon entry.
- Please check out upon completion of your workout.
- Participants who forget their cards are to obtain a day pass from the front desk. Please present the day pass to the volunteer.

Use of Locker Rooms

- Lockers are available for day use only. Bring your own lock.
- Four lockers are accessible and reserved, as needed, for use by those with a physical disability.
- Locks are cut off at the end of each day and items are placed in Lost & Found located at the front desk. Unclaimed items are donated to charitable organizations.
- Showers are to be used to rinse off or wash. Please use the changing area to change clothes.
- Be considerate of others waiting and be mindful of the drought by taking a quick shower.
- Leave the area as clean, if not cleaner, than when you arrived by picking up after yourself.
- For health and safety, it is recommended that rubber sandals be worn in the locker rooms.
- One shower stall is accessible for use by those with a disability, as needed. Persons with a disability have priority of use in the accessible shower stall.

Fitness Center Etiquette

- Food or glass containers are not allowed in the Fitness Room.

- Please do not use cell phones in the Fitness Center. Please leave the Fitness Center to make or receive calls. Use of exercise machines is forfeited when you leave.
- Staff recommend that you wash your hands before and after working out.
- If you have any questions about how to use a machine safely, please ask the volunteer or staff person at the check-in desk.
- Participants who need to use the restroom while on a cardio machine can inform the Fitness Center volunteer so that their machine is not given away. Do not leave without notifying a volunteer.
- Participants are asked to wipe down equipment after each use.
- Inform Fitness Center volunteers or staff of any concerns with Fitness equipment.
- The Santa Clara Senior Center reserves the right to restrict use of specific equipment.

Attire for Fitness Center

- Participants must wear appropriate clothing while in the Fitness Center. Shirts, shorts and/or pants are required.
- Participants must wear appropriate athletic shoes with a closed toe, rubber soles, and a solid back.
- Casual dress shoes and dance shoes are not considered athletic shoes. Shoes that do not have the traditional look of an athletic shoe may be subject to approval from staff.
- Any person needing to wear an alternative shoe for medical purposes is to provide written confirmation from their health care provider. Staff may restrict use of certain fitness equipment.
- Staff reserves the right to determine appropriateness of clothing.

Natatorium Etiquette

- To use the lap pool, you must be able to swim one length of the pool without stopping (subject to lifeguards' discretion).
- No food or glass containers are allowed on the pool deck.
- Participants on medication should consult their health care provider prior to using the warm-up pool or warm water pool.
- Do not tamper with any City equipment.
- Except during designated times, swimmers have priority of use in the lap pool.
- During designated times, non-swimmers in Lane #1 have priority of use as described by signage in the Natatorium (schedule is available in the monthly newsletter).
- Swim with those of similar speed. Always swim in a circle pattern.
- No spitting, spouting, or nose blowing in the pool. Substances from our bodies can be passed in microscopic amounts from swimmer to swimmer, even in well-maintained pools.
- Follow lifeguards and staff/instructor direction.

Attire for Natatorium

- Appropriate swimwear is required. (Staff reserves the right to determine

- appropriateness of swimwear)
- Aquatic shoes are allowed in the pool if they do not leave scuff marks or disintegrate in water.
 - Street clothes and street shoes are not permitted in the pools.

Natatorium Equipment Use

- Swimming apparatus such as kickboards, pull buoys, paddles, water exercise belts, and noodles may be used to assist you in your exercise program. Exercise aids may not be used as safety flotation devices. Use of any apparatus is subject to approval by staff.
- No swimming apparatus is allowed in the warm-up pool.

Natatorium Hygiene

- The health and safety of participants and staff is our top priority. Included in that effort is to keep the facility and equipment in proper working condition. Please observe pool and warm-up pool guidelines to ensure that all may enjoy their time at the Senior Center.
- The Centers for Disease Control strongly recommends that all pool users shower with soap before suiting up to enter the pool. Nude showering removes bacteria from the skin and washes away body oils, lotions, hair products, etc. that can quickly use up the disinfectant in the pool.
- Do not swim with skin, ear, genital or other body infections, open sores, or wounds. Germs that cause illness can be spread from broken skin, even just microscopic amounts, in well-maintained pools. Pool water can dry out covered wounds and damage newly forming skin cells.
- Do not swim when ill with diarrhea. The microscopic germs that cause diarrhea can be spread when other swimmers swallow contaminated water. Swimmers with diarrhea shall not use the pool while they're ill, and for two weeks after symptoms subside.
- Waterproof swim pants must be worn by incontinent swimmers.
- Please take a break from swimming if you've recently had a contagious illness or have open sores.

The **Centers for Disease Control (CDC)** recommends that you:

- Do not use the warm-up pool while under the influence of alcohol, tranquilizers, or other drugs that cause drowsiness or that raise/lower blood pressure.
- Pregnant women, elderly persons, and persons with heart disease should not enter the warm-up pool without prior medical consultation and permission from a health care provider.
- If a participant experiences nausea, dizziness, or feels faint while in the warm-up pool they should immediately get out of the water. These are signs of hyperthermia which can have serious health implications if ignored.
- Enter the warm-up pool slowly and cautiously. Be careful of your footing and allow your body to gradually get used to the water temperature. Leave slowly as well, because your leg muscles may be sufficiently relaxed to make you a bit unsteady, and you may become lightheaded.

Water Temperature

Water temperatures vary with each pool. The Warm Water Exercise Pool is set at 90-94°; the Lap Pool 80-84°, and the Warm-up Pool (formerly Hot Tub) is set at 90 - 94°.

So that pool users may make an informed decision whether water temperature is suitable for their needs, there is one (1) thermometer in each pool. See locations below.

Please consult your primary health care provider before participating in warm water activities.

Pool	Pool Dimensions & Depth	Temperature Range	Thermometer location
Lap Pool	27' x 60' in length 3 ½' to 5 ½' deep	80-84 degrees F	Right handrail, near end of wet ramp
Warm Water Pool	21' x 21' in length 3' to 4' deep	90-94 degrees F	Outside handrail, near end of dry ramp
Warm-up Pool	3' deep	90-94 degrees F	Left handrail as you enter