



CROZER-KEYSTONE

HEALTHPLEX®
SPORTS CLUB

Whirlpool & Cold Plunge

Policies and Procedures

1. Must be 18 years or older to use the whirlpool or cold plunge.
2. Please shower prior to entering the whirlpool or cold plunge.
3. Shampoo, body oils, lotions or shaving is not permitted in the whirlpool or cold plunge.
4. Sessions should be limited to no more than 10 minutes.
5. Allow yourself at least 5 minutes after exercising to cool down before entering the whirlpool.
6. Food or drink other than water is not permitted. Do not use the whirlpool if intoxicated.
7. Use of cell phone or any other portable electronic device is prohibited.
8. Exercising in the whirlpool is prohibited.
9. Any participant having a skin disease, nasal or ear discharge, communicable diseases, or who is wearing any kind of bandage will not be permitted in the whirlpool.
10. Member exhibiting inappropriate behavior will be asked to leave the facility and may be subject to membership termination.
11. Pregnant women and persons suffering from heart disease, diabetes, or high blood pressure should not enter whirlpool without prior permission from their doctor.