



VCU Recreational Sports

Recreational Sports Spa Rules

All participants must abide by Recreational Sports policies and procedures. A complete copy of VCU Recreational Sports Policies and Procedures is available at the service desk, or online at www.recsports.vcu.edu.

1. Recreational Sports Lifeguard must be on deck before anyone enters the spa.
2. Showers are required of all patrons prior to using the spa. Recreational Sports staff have the authorization to request anyone to take a shower before entering the spa.
3. All patrons must wear proper swimming apparel. No street clothes are allowed in the pool or spa. Clothing such as cut-offs, gym shorts, and underwear is not permitted. Recreational Sports staff reserves the right to determine apparel that may be deemed offensive, dangerous or destructive to facilities or equipment and prohibit their use.
4. No one under the age of 18 is permitted to use the spa (persons under the age of 18 risk becoming overheated).
5. Limit your use to 15 minutes at any one session. Long exposure may result in nausea, dizziness, fainting or heat related illness.
6. Sitting on the walls or edge of the spa is prohibited.
7. Pregnant women, patrons with health conditions or taking prescription drugs that cause drowsiness should not use the spa without first consulting a doctor. It is recommended that all patrons consult a physician prior to using the spa.
8. Spa capacity is 15 adults at Cary Street Gym Aquatic Center. Spa capacity is 6 adults at MCV Campus Aquatic Center.