



**VCU**

## **Spa Rules**

1. Showers are required of all patrons prior to using the pool or spa.
2. Appropriate swim attire is required to enter the spa.
3. No one under the age of 18 is permitted to use the spa, due to the risk becoming overheated.
4. Limit use of the spa to 15 minutes at any one session. Long exposure may result in nausea, dizziness, fainting or heat related illness.
5. 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.