

VINTAGE - WHAT IS IT?

In order for something to qualify as “vintage” it has to be 20 - 25 years or older. The word “vintage” used as an adjective means: “being the best of its kind.”

FOR MORE
INFORMATION
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VINTAGE ADULT SAFETY MESSAGING





DID YOU KNOW?

Adults are the second largest group at risk of drowning after young children under the age of 5. The highest risk is when an adult goes for a swim alone. Always swim with a buddy!

If you want to improve your swimming skills we offer Adult Swim Lessons - ask at the front desk for more information.

Whether at the beach or in our pool, if you are not a strong swimmer do not go deeper than *chest deep*, or make sure you're wearing a lifejacket or PFD. Be aware of your own skills and abilities and don't push yourself beyond what you're capable of doing. *Do what you're capable of, in water you can stand in.*

HOT AMENITIES

Limit use of hot amenities to 10 minutes at a time, and be sure to cool down between uses. Enter and exit slowly. Headache or dizziness are signs to leave the hot area immediately. Allow cool down time before entering the pool or take a shower.

Pregnant women and persons suffering from heart disease, diabetes and high or low blood pressure should consult their doctor prior to using the hot tub, sauna, or steam room.

Do not use the hot tub, sauna or steam room while under the influence of alcohol, antihistamines, anticoagulants, vasoconstrictors, vasodilators, tranquilizers, stimulants or narcotics.

HOW CAN YOU HELP?

Ensure you are staying hydrated by drinking plenty of water - bring a water bottle with you. It is also important to eat properly before exercising. Know your limits and don't over do it.

Please notify the lifeguard of medical conditions that may affect your safety; for example seizure disorder, asthma, severe allergies, diabetes, heart conditions or recent change in medications.

Remember: We're all in this together! If you see something odd, out of place, or someone needing assistance please let the lifeguard know right away.