THE COUNTRY CLUB
CASTLE PINES

FITNESS CENTER AND POOL RULES AND REGULATIONS

GENERAL FITNESS CENTER RULES

- All members and their guests are required to check in at the front desk when using the fitness center. Guests must be accompanied by the member.
- No one under the age of 16 is permitted inside the fitness center at any time unless participating in a Club offered youth training program under the supervision of a Club trainer.
- Members may not bring non CCCP personal trainers into the facility.
- Limit use of equipment to 20 minutes when others are waiting. Don't monopolize equipment. Return all weights and equipment to proper racks.
- Please step outside the fitness center to engage in phone/ video conversations lasting more than a minute.

FITNESS CENTER DRESS CODE

- Club Management is responsible for monitoring the fitness dress code. In case of a dispute, the Sports Committee, the Club Manager, and the Director of Sports and Fitness reserve the right to determine what is proper attire.
- The Club Manager has the authority to render a final decision regarding the administration of all regulations regarding fitness reservations, fitness attire, and general fitness facility use.
- Please use good judgment when dressing for Fitness/ASV use.
- Clothing traditionally worn for exercise, including gym shorts, athletic shirts and tops, yoga clothing and athletic closed toe shoes should be always worn in the fitness area.
- Sleeveless tops are permitted. Sports bras are not considered Country Club appropriate.
- Shorts must cover the buttocks and groin when performing all exercises.
- Fitness attire is permitted in the ASV dining and ASV bar areas.
- Fitness attire is not appropriate in the Clubhouse areas nor The Crags.

FITNESS CENTER GUEST POLICIES

- All guests must be accompanied by the member when working out unless otherwise authorized by Club Management. $10.00 per person per visit.
- Guests are limited to 6 times per person per calendar year.
- Members are limited to six (6) guests per visit per membership account. Parties larger than this must contact Club Management for planning/approval.

GENERAL POOL RULES

- All members and guests must check in at the front desk when entering the All-Seasons Village or the pool area. Guests must be accompanied by the member.
- All swimmers must have proper swim attire.
- All people must have a shower before entering the pool.
- Members/Guests are responsible for disposing of their own waste in provided waste receptacles.
- Spitting, spouting water, blowing the nose, urinating, defecating in the pool, and similar behavior is not allowed.
- All children three years old and younger, and any child not potty trained, must wear a snug fitting water resistant diaper, or similar protection.
- Diaper changing permitted at designated diaper changing stations.
- No children under the age of 13 allowed at the pool alone.
- Children Under 5 are NOT permitted in the hot tub at any time. Children 5-13 are only allowed in the hot tub/spa if their parent is in the hot tub or physically at the hot tub with them.
- Pregnant women, elderly persons, or those suffering from heart disease, diabetes, or high blood pressure should consult their physician before using the hot tub.
- Spend no more than 15 minutes in the hot tub in any one session. Do not enter the hot tub if the water temperature is above 104 degrees F.
- Large, inflatable pool toys, projectiles, bikes, skateboards, rollerblades, etc. are not permitted in the pool area. Permitted pool toys are only available for use at pool check-in.
- No person under the influence of alcohol or drugs should use the pool or hot tub.
- No animals/pets allowed in the pool or on the deck. (Service animals are allowed on the deck)
- No food or smoking allowed in the water.
- No glass containers in the pool area.
- No running on the pool deck.
- NO DIVING.

Proper language and etiquette is always required. The pool accommodates all ages and stages of life including young children. Behavior / language deemed inappropriate by the ASV Supervisor or Pool Staff after one warning can constitute immediate forfeiture of pool area privileges. Any loss in pool area privileges for extended days is determined by the Sports Committee.

POOL DRESS CODE

- Swimwear/Bathing suits must be worn in the pool.
- Swimwear/Bathing suits should be family friendly and Country Club appropriate.
- Street clothes such as: cutoffs, golf shorts, tights, bike pants and underwear are not permitted in the pool.
- Thong Bottoms are not considered family friendly and Country Club appropriate.
- Golf, Tennis and Resort Casual Attire is permitted on the pool deck, pool dining and the fitness center.
- Please utilize pool cover-up attire when using the Dining/Bar areas.
- Men – Dry bathing suit, shirt, and footwear (sandals or pool appropriate shoes).
- Women – Dry bathing suit, shirt or cover up, and footwear (sandals or pool appropriate shoes).
- Cover ups that do not fully conceal the swimsuit underneath are not considered Country Club appropriate.
- Club management is responsible for monitoring the pool dress code. In case of a dispute, the Sports Committee, the Club Manager, and the Director of Sports and Fitness reserve the right to determine what is proper attire.
- The Club Manager has the authority to render a final decision regarding the administration of all regulations regarding pool reservations, pool attire, and general pool use.

POOL GUEST POLICIES AND FEES

- Each guest is limited to 6 times per person per calendar year and must be accompanied by the member.
- The guest fee is $10.
- Members are limited to bringing six (6) guests per visit per family membership account. Parties larger than this must contact Club Management for planning/approval.
- There is no charge for the grandchildren of members under the age of 18. Grandparents must be present.
- Grandchildren over the age of 18 and adult children no longer listed on the membership are considered family guests. The guest fee is $10.
- There is no charge for the grandchildren of members under the age of 18. Grandchildren over the age of 18 and adult children no longer listed on their parent's membership are family guests. The Member must be present.