

7. Bathing suits are required.
8. All persons with hair that is shoulder-length or longer should have hair tied up securely or wear a swim cap.
9. Jumping and diving into the pool, including diving off the shoulders, are prohibited.
10. All running, jumping, wrestling, yelling, and horseplay are prohibited on pool decks.
11. Anyone whose behavior is deemed inappropriate or presents a danger to him/herself or others by the lifeguard and/or the Sky Club staff will be asked to leave.
12. Children under the age of 16 must be accompanied by an adult when in the pool area.
13. The Sky Club Staff may not be asked to watch children and will not be responsible for children.
14. Children who are not toilet trained must wear diaper cover (i.e. Swim Diapers) to prevent leakage in the pool.
15. Only flotation devices issued by the Sky Club Personnel may be used in the pool or those deemed acceptable and hygienic at the discretion of the Sky Club staff and the lifeguard.
16. Persons with inflamed eyes, nasal or ear discharges, boils, open sores, bandaged wounds, or other evident skin or bodily infections are not permitted in the pool or locker room facilities. Should Sky Club staff witness a Member using the facility in an unhygienic manner, the manager will remove the person from the pool and/or locker room facilities.
17. Urinating, defecating, or blowing one's nose in the pool is prohibited. Anyone who has defecated or vomited in the pool must notify the lifeguard immediately.
18. Alcoholic beverages are strictly prohibited in the pool area and pool deck. Abuse of this rule can lead to suspension of Sky Club rights at the discretion of the Sky Club manager in accordance with Sheffield management.
19. NO GLASS BOTTLES AT ANY TIME IN POOL OR DECK AREA.
20. Changing clothes is permitted only in the locker rooms.

Sauna and Steam Rooms

1. All persons must be 18 years of age or older to use the Sauna or Steam Room.
2. Sauna and steam room use is at one's own risk.
3. Members and their Guests with the following conditions are advised not to use the sauna or steam room: low or high blood pressure, cardiac irregularities, respiratory problems and pregnancy. Consulting a physician before use is recommended for all individuals.
4. It is recommended that Members limit themselves to a maximum of 10 minutes.
5. It is recommended that Members allow at least 5 minutes after exercising to cool down before entering the steam or sauna room.
6. Pouring water on the sauna heater or tampering with any sensors or mechanism in either unit is strictly prohibited.
7. Persons with inflamed eyes, nasal or ear discharges, boils, open sores, or other evident skin or bodily infections are not permitted in the sauna or steam room.
8. After using the sauna or steam room, a shower is required before entering the pool.
9. No food or drink is allowed inside these rooms.
10. Eucalyptus spray is permitted only in the steam room.
11. No newspapers, magazines, or paper products are permitted in steam or sauna room.
12. To preserve the wood and to maintain a clean environment, Members are required to sit on a towel or wear clothes to protect wood from perspiration.
13. Shoes, sneakers, sandals or slippers used outside may not be worn in the sauna or steam room.
14. It is prohibited to hang bathing suits, towels, or any flammable material over the sauna heater.
15. It is suggested that one remove all jewelry before entering the sauna or steam room.
16. It is recommended that plenty of water be consumed before entering the sauna or steam room.
17. It is requested that Members allow themselves at least 5 minutes after exiting the sauna or steam room and before proceeding throughout the Sky Club.

Locker Rooms

1. **NO CHILDREN OR ADULTS OF THE OPPOSITE SEX ARE PERMITTED IN THE LOCKER ROOMS. Four bathrooms and one changing room on the 57th floor are available as alternatives (one in the playroom and three outside of the Fitness Center).**
2. All Members and Guests must clean up after themselves, placing towels in the designated bin.
3. Members and Guests are responsible for all personal belongings in the Sky Club.
4. Members and Guests may use lockers only while they are using the Sky Club.