



POOL FAQs

Health Intake Form – To join, everyone must the Health Intake Form by your second visit and updated every year.

Attendance – Please review the schedule and let the pool staff know which class you are interested in attending. To maintain class sizes, you do need to commit to a specific class time. You may choose to attend up to 3 classes weekly. If you need to change your class time, please advise the pool office. You will not lose your spot if you miss a class. Please notify staff if you will be away for an extended period of time to secure your class time. Class time will be secured for 2 months.

Shower – Please shower before entering the pool. (Health Regulation)

Towels and Shoes– Bring a large towel along. These may be left in the change room or brought into the pool area and placed on the benches. You are encouraged to wear “deck shoes” or “pool shoes”

Water – You are encouraged to bring a metal or plastic water bottle.

Glasses – Glasses may be worn into pool if they fit snug.

Fire Alarms and Pool Clearance – Should the fire alarm sound, hold on to the hand rail and quietly file out of pool and wait on the pool deck for further instructions.

If you are not feeling well – If you are in the pool area and are not feeling well, you must immediately report this to the staff.

Special Medication – Please advise the lifeguard/pool instructor and bring it on deck.

Adhesive Strips - Please remove any Band-Aids before entering the pool; they come off in the water.

Valuables – The pool changerooms does have lockers. Please do not leave your valuables unattended. Spruce Lodge is not responsible for lost or stolen articles. You are welcome to bring your purse on the pool deck.



Information about our pool

Pool Information – The pool is 38 feet long and 15 feet 11 inches wide (11.58 m x 4.85 m). Seven steps with a railing lead down into the shallow end, 2 feet 5 inches (.76 m) deep. The pool has a gentle slope toward the deep end of 4 feet 11 inches (1.5 m) depth. There is a railing around the inside of the pool. Pool Temperatures range from 89 to 91°F. The pool is sanitized chlorine.

Pool Maintenance – Pool maintenance is ongoing. Pool equipment is inspected daily and water quality is tested several times a day. Public Health inspects the pool regularly.

Annual Pool Shutdown – Once a year the pool is drained, cleaned and filled with fresh water. This generally happens the week before the Labour Day weekend.

Skin Irritation – If you experience dry, itchy skin after using the pool please note:

- The proper hygiene before you enter the pool is to take a shower using soap. All swimmers are required to do so by Public Health
- No “body products” belong in the pool
- Using a moisturizer **after** a soapy shower may help your skin.
Do this only after swimming, not before.

Pool Courtesy – All members are expected to treat staff and each other with courtesy. Showing a lack of courtesy in and around the pool may result in changes to your pool membership. Please treat everyone with patience and respect.