Simplified Rules: Pools, Spas/Hot Tubs & Sauna

Health & Safety

• Shower before entering any pool, spa/hot tub, or sauna. (Indoor Pink Palace showers remain available in cold weather.)

• Do not use facilities under the influence of alcohol, illegal drugs, or impairing medications to ensure user safety and prevent injuries.

• No spitting or nose blowing in pools, spas/hot tubs, or sauna.

• Do not use sauna alone; limit sessions in both spas and sauna to 10–15 minutes.

• Use caution if you have medical conditions; pregnant individuals or those with high/low blood pressure should consult a doctor.

• Anyone with water-transmittable illnesses (eye, ear, nasal infections) may not use facilities.

Food, Drinks & Allowed Items

• Drinks allowed in pool areas; absolutely no glass anywhere.

• No food in spas/hot tubs or sauna; food must be eaten at tables 3 feet from the pool.

• Large floats and raftsare prohibited. Small toys are allowed if they don't disturb others.

• No toys allowed in spas/hot tubs.

Behavior & Courtesy

• No running, rough play, excessive splashing, or hazardous activity.

• Keep audio volume low.

• Do not reserve chairs, lounges, or tables.

• Close umbrellas when not in use and tie them down when leaving.

• Return all furniture to original positions.

Cleanliness & Attire

• Proper swimwear required.

• Incontinent individuals must wear approved swim products and change them in restrooms only.

• If someone defecates in the pool, it must close up to 24 hours; responsible owner pays cleaning costs.

• No wet swimwear, towels, or shoes in STMA indoor rooms or fitness areas.

Weather & Wildlife

• Swimming during storms is not recommended; no lightning detection system is used. When pool monitors are present everyone must follow the guidance of the pool monitors when they close the pool and spa down because of weather.

• Do not feed wildlife (alligators, turtles) from MAC pool deck.

• Fishing from the MAC pool deck is prohibited.

Facilities & Operations

• Restrooms with outside access are available at Pink Palace/MAC; indoor MAC/Creekside restrooms may not be used by swimmers.

• Facilities may close anytime for maintenance; do not use closed areas.

• Indoor spa doors must remain closed except when entering/exiting; windows must stay open.

• Pool Monitor instructions must be followed: 30-day suspension for first violation, 60-day suspension for second subject to notice and an opportunity to be heard.

Other Rules

• No smoking, vaping, or chewing tobacco at any STMA facility.

• A responsible adult must accompany anyone unable to swim at Red Cross Level 4 or similar skill level.