

RULES AND REGULATIONS
FOR
TRAILHEAD LODGES CLUBHOUSE

It is the objective of these Rules and Regulations to provide a safe and orderly environment for the use and enjoyment of the Trailhead Lodges pool and clubhouse. The Board of Directors and/or property manager of the Association is authorized to enforce these Rules.

I. Exercise Room/Area

- Children under fourteen (14) may not use the exercise equipment, regardless of whether or not accompanied by an adult.
- Maximum time on any piece of equipment (when others are waiting) is 20 minutes.
- Do not move or modify the equipment in any manner whatsoever.
- No free weight or loose equipment shall be used in connection with any mechanical equipment or in any manner for which the equipment was not originally intended.
- Do not rest on the equipment.
- Re-rack your weights and use a spotter if needed. Do not set weights or dumbbells on the furniture or benches.
- Use towels to wipe equipment upholstery clean after use as a courtesy to other guests.
- If you believe any piece of equipment is malfunctioning, please notify the Association or the property manager immediately.
- Owners and guests may not bring in their own equipment.
- Athletic shoes are required in all exercise areas.
- No swimsuits or sandals are allowed in the exercise area.
- DO NOT USE the equipment if you are taking any medication that causes drowsiness or have any medical condition which makes such use inappropriate. ALL THOSE USING THE EXERCISE EQUIPMENT DO SO AT THEIR OWN RISK. THE

ASSOCIATION IS NOT RESPONSIBLE FOR INJURIES OR ACCIDENTS, AND EACH AND EVERY USER HEREBY WAIVES AND RELEASES THE ASSOCIATION AS SET FORTH BELOW.

- If you wish to carry beverages with you during your workout, you must use a covered plastic container. No food is permitted in the exercise area at any time.
- Use of tobacco products or alcoholic products are prohibited.
- Damage to the exercise room, equipment or clubhouse will be charged to the responsible Owner. Each Owner is solely responsible for its guests and tenants.

II. Waiver and Release

You agree that if you engage in any physical exercise, activity, or use any exercise equipment or facility on the premises, you do so at your own risk. You agree that you are voluntarily participating in activities and use of the facilities and premises and assume all risk of injury, illness, damage or loss to you or your property that might result, including, without limitation, any loss or theft of any personal property. You agree to release and discharge the Association (and its affiliates, employees, agents, representatives, successors and assigns) from any and all claims or causes of action (known or unknown) arising out of our negligence. You acknowledge that you have carefully read this Waiver and Release and fully understand that it is a release of liability. You are waiving any right that you may have to bring a legal action to assert a claim against us for our negligence.

RULES AND REGULATIONS
FOR
TRAILHEAD LODGES POOL AND SPA

III. Pool and Spa

1. Personal conduct within the pool facility must be such that the safety of self and others is not jeopardized. No running, pushing, dunking, boisterous rough play, or chicken fights (patrons on each others' shoulders) will be permitted.
2. An emergency phone is available. It will only dial 911. You must locate the phone prior to using the pool.
3. Anyone under fourteen (14) years of age **MUST** be accompanied by an adult at all times.
4. Maximum people in pool is 30; maximum people in spa is 15.
5. No alcoholic beverages, food/snacks or smoking are permitted within the pool area.
6. Persons under the influence of alcohol, narcotics or other drugs that may cause drowsiness should not use the pool or spa / hot tub.
7. No breakable containers are allowed within the pool enclosure.
8. No pets or animals are permitted in the pool area.
9. The pool must be vacated at the first sound of thunder or first sight of lightening and cannot be re-entered until 30 minutes after the last sound of thunder and/or sight of lightening.
10. **LIFE GUARDS ARE NOT ON DUTY.** Owners and their guests swim at their own risk. The Trailhead Lodges Condominium Owner's Association is not responsible for injuries or property damaged by misconduct or neglect.
11. **No infants** or **non-toilet-trained children** are allowed in the pool at any time.
12. Any person with infections, skin abrasions, colds, coughs, inflamed eyes, or wearing bandages shall not use the pool or spa.
13. No diving is allowed.
14. Inflatable balls, water wings, inner tubes and rafts are allowed in the pool only if there is room available.
15. Spitting, spouting of water, blowing the nose or otherwise introducing contaminants into the pool is not permitted.

16. Pool parties are NOT permitted.
17. All persons using the pool shall remove all of their materials and refuse.
18. Proper swim attire must be worn in the pool area at all times. No cut-offs or frayed edges or shorts with exposed rivets.
19. There is to be no hanging or jumping off the pool fencing or gates.
20. Only radios with earphones are permitted. No music shall be played aloud around the pool swim area. This includes listening to music from your apartment or vehicle.
21. Owner parents and guests must encourage children to use the bathroom before entering the pool and at rest intervals throughout the day. "ACCIDENTS" THAT OCCUR IN THE POOL WILL RESULT IN THE POOL CLOSING FOR A MINIMUM OF TWENTY-FOUR HOURS AS ORDERED BY THE HEALTH DEPARTMENT. Repeat offenders will be suspended from pool use until cleared by the Board of Directors.
22. Pool **gate must be kept locked** and the key must remain in the custody of the Owner at all times.
23. Prior to use of the spa, please locate the emergency pump shutoff and learn how to use it.
24. User shall uncover spa only while in use and recover immediately following use to prevent heat loss.
25. Check with your pediatrician before allowing children to use the spa.
26. Pregnant women should not use the spa without consulting their doctor.
27. If you have medical problems or have had a history of health problems, do not enter the spa without permission from your doctor.
28. Extended periods in the hot water may cause nausea, dizziness and fainting. Please observe a reasonable time limit in the spa or cool off in the pool.
29. Do NOT use the spa alone.
30. Enter and exit the spa slowly.
31. The maximum temperature is 104⁰ degrees Fahrenheit (40⁰ degrees Centigrade).
32. Use care when opening and closing the table umbrellas. Close umbrellas after use.
33. Patio/pool furniture and equipment shall not be moved (except for chairs and lounge chairs, and must be returned to their original location).
34. The Board of Directors has the authority to enforce the pool rules and suspend residents or guests from using the pool, if necessary.
35. These rules may be changed by the Association at any time.

RULES AND REGULATIONS
FOR
TRAILHEAD LODGES BBQ GRILLS

IV. Natural Gas Barbeque Grills.

1. The grills must be attended at all times during use.
2. Children must be kept away from the grills.
3. No pets or animals are allowed near the grills.
4. Owners and guests are responsible to clean the grills after each use.
5. Wipe clean the tables and chairs after each use.
6. Turn off grills before LEAVING.