

POOL ENTRY RULES (Revised 8-22-14)

Prior to entering the swimming pool, the following will be required:

- A. Children under 10 years old must be directly supervised in the pool area by a person 16 years or older.
- B. Children under 10 years old must be directly supervised **IN THE WATER** by a person 16 years of age or older.
- C. Showers may be required.
- D. Swim attire shall include a lined bathing suit suitable for public use. **No cut off shorts, gym shorts, leotards, biking tights, etc.**
- E. **Non-toilet trained children** must wear a cloth training diaper covered by tight plastic pants (**no disposable diapers**) or a swim diaper i.e. Huggies Little Swimmers.
- F. No admittance with communicable disease, open wounds, infections or planters warts. Band-aids, wraps, etc. are prohibited.
- H. Bathing caps are recommended for long hair.
- I. Do not apply hand or body lotions before entering the pool.
- J. No food, gum, beverage or other breakable containers will be permitted.
- K. Street shoes are not allowed on pool deck (aquatic shoes, flip-flops or bare feet).

GENERAL SWIMMING POOL RULES (Revised 8-17)

The following swimming pool rules are in effect for all participants:

- A. Children under 10 years old must be directly supervised in the pool area by a person 16 years or older.
- B. Children under 10 years old must be directly supervised **IN THE WATER** by a person 16 years of age or older.
- C. Swimmers must recognize their own limitations and act in the best interest of their own safety.
- D. No running on the pool deck.
- E. Keep off the lane markers.
- F. Diving is allowed at designated areas only.
- G. General swimming in the diving area is not allowed when the diving board is in use.
- H. Deep Water Test ~ In order to swim in the deep end of the competitive pool, all persons must be able to swim from the side of the pool to the twirl pool and back with ease. Lifeguards may ask you to perform this test if they are uneasy about your skills. This is for the safety of everyone.
- I. Spitting or polluting the pool water is prohibited.
- J. No unnecessary roughness, pushing, horseplay, backward jumping.
- K. Water toys of any kind are not allowed; masks, snorkels, goggles are permitted, no fins.
- L. No foul language or disruptive behavior.
- M. Keep off the peninsula except for emergency use.
- N. You must be 54" tall to enter the twirl pool without supervision.
- O. Life jackets, water wings, and swim cubes are permitted in water areas 3' 6" or less **WITH PROPER SUPERVISION**. Inner-tubes, rafts, etc. will be prohibited.
- P. Lifeguards are responsible for enforcing these and any additional rules which are necessary for safety and control of the pool area.

LAP SWIMMING ETIQUETTE

Lap swimming lanes shall be designated by the swim staff. Participants should be courteous of other swimmers.

- A. A circle pattern will be used for swimming laps. Swimming in a clockwise direction.
- B. If you stop between lengths, sit on the side of the pool to avoid congestion.
- C. Try to keep pace and maintain a reasonable distance between swimmers.
- D. When passing, notify the swimmer in front of you with a tap on the foot and pass in the middle of the lane. Watch for oncoming swimmers.
- E. If you are continually passing or being passed, move into the next appropriate lane. Check with the lifeguards for lane speeds.

DIVING BOARD RULES (Revised 2-12)

The diving board will be open at designated times only. The following rules are in effect:

- A. Only one person is allowed on the board at a time.
- B. Only one bounce per dive.
- C. Mount the board by using the ladder only.
- D. Take-off from the feet only (no handstands, cartwheels, or sitting take-offs).
- E. Inward or reverse dives are prohibited.
- F. Wait until the person in front of you has cleared the water area before diving.
- G. Dive straight off the board (jumping/diving to the side is prohibited).
- H. Swim directly to a pool ladder to the left or straight ahead to the shallow end after the dive.
- I. Do not attempt dives beyond your ability.
- J. Hanging on the board is prohibited.
- K. General swimming in the diving area is not allowed when the diving board is in use.
- L. Masks, goggles, glasses and flotation devices shall not be worn while diving.
- M. The diving board may be closed at the guard's discretion.

WATER SLIDE RULES (Revised 8-22-2014)

The water slide shall be open at designated times only. The following rules are in effect:

- A. You must be 44" or taller to use the water slide.
- C. Slide feet first in a seated position only.
- D. Turning in the slide is not permitted.
- E. Human chains or rapid succession of sliding is not permitted.
- F. Sliding head first or standing in the slide is not permitted.
- G. Masks, goggles, and glasses shall not be worn while sliding.
- H. Locker keys should be attached to an area of the swim suit which will not scratch the slide.
- I. No stopping in slide tube is permitted. Keep hands inside the slide.
- J. Make sure the plunge pool area is clear before sliding.
- K. Catching children as they exit the slide is not allowed.
- L. No diving off the slide.
- M. Guards may restrict use of the slide as needed.

MINI WATER SLIDE RULES

- A. One person at a time on the slide. Small children may slide down with their parent.
- B. Slide feet first only.
- C. Make sure the splash down area is clear before sliding.

RE-ENTERING THE POOL AREA FROM THE SPLASH PAD (Revised 2-12)

The splash pad area shall be open during open swim times and at other designated times only.

- A. You must shower off any creams and lotions and any other materials, before entering the pool, which may contaminate the water.
- B. Lifeguards may restrict the use of the splash pad.