

## Pool Rules

1. The lifeguard is to be obeyed at all times
2. Swim only when there is a lifeguard on duty. Children up to 13 years old need to be accompanied by an adult at the pool at all times. Children over 13 must take a water competency swim test in order to be alone at the pool.
3. Young children (0-6 years-old) and non-swimmers will need to remain within arm's reach of supervising adult at all times in the water. Children 6 years old and older may take a water competency swim test in order to be alone in the water without a supervising adult.
4. U.S. Coast Guard approved Lifejackets are highly recommended for young children and non-swimmers. It is recommended that inexperienced swimmers use personal flotation devices such as life jackets, under the direct supervision of an adult.
5. Arm-Only Floaties (Water Wings) are not permitted and do not replace a properly fitted life jacket.
6. Showers are required by State Law. Appropriate swim attire required in all pools (no blue jeans or cut-off shorts). Please apply sunscreen 15 minutes prior to entering the pool.
7. Children who are not potty trained must wear swim diapers.
8. No Diving. Enter feet-first only
9. No Breath Holding.
10. No Running. No Roughhousing on the pool deck.
11. Do not play, sit, or hang on ladder railings, guard stands, the ramp, and lane ropes.
12. Do not ride on the shoulders, throw kids, or participate in other potentially unsafe activities.
13. Any use of toys and swimming equipment, including pool noodles, water guns, inflatables and kickboards, is at the discretion of the lifeguard.
14. Swimming equipment provided by the facility including pool noodles, water weights, kickboards, pull buoys, and water belts are for use by lap swimmers and aquatic programs only.
15. Food or drinks are allowed in the grass area only. No food or drinks are allowed on the pool deck except for bottled water. Please help keep the facility clean by using the trash barrels.
16. No glassware is allowed anywhere in or around the pool.
17. No alcohol, smoking, or drugs are permitted anywhere in the aquatic complex. Anyone who is under the influence of alcohol or drugs will be asked to leave the aquatic complex.
18. Lounge chairs may not be in front of/over the pool drain.
19. Changing is permitted in the locker rooms/bathrooms only.
20. No one is allowed in the pool who has a communicable disease, open sores (including scabs from chickenpox), or an open wound
21. Two lap lanes will be open during swimming lessons and family recreation time and are for lap swimming only. Lap Lanes are reservation only and are capped at two swimmers.
22. Do not interrupt swimming classes while they are in session.
23. No spitting and/or blowing your nose in the pool.
24. Read and obey all pool rules and signs posted in the pool area.