

Swimming Pool Rules

1. Swimmers must be free of colds and other contagious diseases.
2. No hairpins, barrettes, jewelry or glasses.
3. No food, drink, or gum anywhere on deck.
4. No recreational equipment unless authorized by a lifeguard.
5. All must shower before using pool.
6. No spitting or blowing nose in the pool.
7. All young children must be accompanied by an adult.
8. No running, pushing, dunking, or rough play in pool area, showers, or locker rooms.
9. No diving in shallow end.
10. Do not stand, play, or jump off ladders or railings.
11. Always stay clear of handicap ramp and railings.
12. Starting blocks are only used by school athletic teams, not recreational use.
13. Non-swimmers must stay in the bleachers section of the pool area.
14. All injuries must be reported to the lifeguard on duty.
15. All swimmers must pass a “deep end test” by the lifeguard before attempting to swim in the deep end or using the diving board.
16. All must wear a bathing cap if hair is beyond collar length.
17. Always enter the water forward without flipping.

Diving/Starting Block Rules

1. One diver on board/starting block at a time (all others must be on pool deck).
2. Diving area must be clear before diving.
3. Dive or jump straight off board.
4. After diving immediately swim to clearance.
5. No cross-pool swimming in diving area.