



## Pool Rules



1. All swimmers must take a shower before entering the water.
2. Proper swim attire is required, a t-shirt may be worn but no jean material or cutoffs are allowed.
3. All swimmers under 14 years old must be accompanied and supervised by a person 18 years or older.
4. All infants and persons not toilet trained must wear waterproof swimming diapers. NO disposable or re-usable diapers are allowed. These are available for purchase in the office. NO Diaper changes on deck.
5. Please do not use the pool if you have had diarrhea or a communicable disease in the previous two weeks.
6. Floatation devices must be U.S. Coast Guard approved (no water wings, outside inner tubes or other floatation devices allowed)
7. Floatation devices to be used in shallow ends only and a person 18 years or older must be within arm's reach.
8. Outside pool toys must be approved by management or head guard at their discretion, no blow-up pool toys/floating items are allowed or firm/hard balls of any kind.
9. Adults are required to be in the water with all children 5 years and younger. Child must be within arms reach of adult at all times.
10. No Food, Drinks (other than water), Gum or glass containers are allowed on the pool deck or locker rooms.
11. Alcohol/Tobacco/Vaping and related products are not permitted on District Property.
12. Rough or boisterous (horse) play is not permitted
13. No Running on the Deck. Walking only.
14. No Long Breath holding.
15. Diving Blocks are only to be used during swim team training and meet events.
16. Diving is only permitted in 9 feet of water or deeper
17. Jumping off the edge is permitted face forward feet first in water 9 feet or less.
18. Pool dividing ropes are not to be played on, climbed on, or held on to. Please swim underneath the rope to navigate from one area to the next. Do Not enter the Diving Board area.
19. One person on the diving board at a time. Next in line needs to wait on deck until the previous diver is at the ladder exiting the pool.
20. Diving board users need to immediately exit the pool at the ladder to the left.
21. Fitness equipment is only for use during Fitness classes. (i.e. Dumbbells and noodles)
22. Kick boards, pull buoys and swim fins are for lap swim and swim team use only.
23. Failure to obey rules may result in suspension from the facility.

Rules are subject to change or addition and may be circumstantial. Those with questions are asked to speak with management.