

POOL RULES

GENERAL POLICIES

1. Listen to the lifeguards.
2. All patrons must take a full shower before entering the water.
3. No running.
4. Rough Horseplay, foul language, and fighting are not permitted.
5. Food, drinks, and gum are not allowed in the locker rooms or on the pool deck.
6. People with open sores, rashes, or band-aids will not be allowed to swim.
7. No resting on or swimming over the lane lines or safety ropes.
8. Shoes and street clothes are not allowed on deck unless approved by the Facility Supervisor.
9. Children age five (5) and over must dress in their same sex locker room.
10. The pool is for aquatic activities only.
11. Harassing or unwelcome behavior that results in multiple complaints could result in loss of facility privileges.
12. No aquatic instruction allowed during open or lap swim times except by certified pool staff or with prior parental consent.
13. The use of photographic equipment or imaging devices is prohibited in the locker rooms and restrooms. Video recording or photography of any kind elsewhere within this facility must be approved by the Facility Manager or the Event Manager.

FLOTATION DEVICES/EQUIPMENT POLICIES

1. Flotation rings, rafts and inner tubes are not allowed in the pool during open swim.
2. Water wings, life jackets and float belts are allowed, but a person aged sixteen (16) or older must be within arms reach of the person at all times. Baby tenders are allowed if a person aged sixteen (16) or older stays within arms reach of the baby tender at all times.
3. Flotation devices are not allowed in the deep end. Persons exercising in deep water wearing an aqua jogger belt are not included in this policy.
4. Kickboards are not permitted during open swims.
5. Pool owned fins are for lessons and lap swim times only. Walking on deck while wearing fins is prohibited.
6. All privately owned equipment brought to the pool must be approved by the Facility Supervisor or lead guard prior to use in the pool.
7. Balls must stay on the surface of the water. No floating on the balls.
8. No playing ball on deck. Balls must stay in the pool. Hard, fast throws of the balls are not permitted.
9. Touching or grabbing the basketball hoop or net is not permitted.

DEEP END/DIVING POLICIES

1. Non-swimmers of any age are not allowed in the deep end of the pool. The lifeguard may ask any swimmer they are unsure of to take a swim test.
 - a. Hamme and Wescott swim test – swim 25 yards nonstop.
 - b. Mary Siah Rec. Center swim test – swim across the shallow end and back nonstop.
2. Diving is not allowed at Mary Siah Rec. Center.
3. Diving is allowed in the deep end of Hamme and Wescott pools.
4. Flips, twisting and back dives are not permitted from the side.

Hamme and Wescott

1. The low board closest to the emergency exit is to be kept closed.
2. Diving from the side is only permitted in the area on the side of the closed diving board. If no one is diving from the side, swimming is permitted in that area.
3. Surface diving is permitted along the side closest to the closed diving board if no one is diving from the side.
4. The area in front of the side ladders must be kept clear.

DIVING BOARDS

1. Wait on deck until the person in front of you had gone off the board before you step onto the ladder.
2. Wait on the board until the person in front of you is to the side before you jump or dive.
3. Go straight off the end of the board.
4. One bounce on the board is permitted.
5. No running on the boards.
6. Hanging on the board is not permitted.
7. High divers exit to the left and low divers exit to the right.
8. Divers may not adjust the fulcrum on the boards.

HYGIENE REQUIREMENTS

DEC 18AAC 30.546

1. Bathers shall shower with warm water and soap, and rinse off all soap before entering the pool.
2. The pool manager shall restrict from using the pool any person known or reasonably suspected to have
 - a. a communicable disease;
 - b. skin lesions;
 - c. sore or inflamed eyes reasonably believed to have been caused by a communicable disease; or
 - d. mouth, nose, or ear discharge.
3. No person may urinate, spit, blow their nose, or deposit any foreign matter in a pool.
4. Tobacco, food, and drink are prohibited on the pool deck or in the pool.
5. Only persons dressed for bathing, unless authorized by the pool manager, are allowed on the pool deck or in the pool.
6. Signs stating the requirements of (a) through (e) of this section must be visibly posted in the dressing rooms and by the pool.

Thank you for helping us make this facility a safe and friendly place.