

All pools have health and safety rules that we ask everyone to understand and follow. The lifeguards are responsible for enforcing these rules in order to PREVENT accidents from occurring. We realize that during low attendance, some of the rules may not seem appropriate. However, in order to maintain consistency between the staff and pool users at our pools, the lifeguards are instructed to enforce the rules at all times.

PLEASE READ THE BASIC RULES LISTED HERE FOR YOUR SAFETY. This list is not all inclusive or legally complete and no liability is assumed for completeness.

## **FACILITIES**

"There is no substitute for adult supervision."

Children of school age must use gender appropriate locker rooms.

Non swimming children and children wearing floatation devices, to include life jackets, must be accompanied at all times in the water by an adult

The facility is not responsible for personal belongings. Please do not bring valuables into the facility.

We are not responsible for items stored in lockers. Personal locks left on lockers will be removed.

Food and drink must be consumed off of pool deck area in the enclosed grassy pool area. Water in plastic bottles is permitted on deck.

No alcoholic beverages allowed with exception to private catered events.

Glass containers are not allowed.

No chewing gum in or around pool

Swimming is not permitted without a lifeguard on duty

Pool equipment and chemicals are to be handled by pool personnel only.

Emergency equipment is to be used by authorized personnel only.

The lifeguard stands are only for lifeguards.

Please do not distract lifeguards with conversation or splashing while in stand.

In the event of an emergency, the pool will be cleared. The signal for this will be one long blast of a lifeguard's whistle.

All injuries on the premises should be reported immediately to the pool manager or lifeguard.

NO SMOKING in or around the facility.

Lane lines are designed to separate lanes. They may not be hung on or abused in any way.

Horseplay, splashing, pushing in, shoving, sitting on shoulders, throwing swimmers or dunking, is not allowed.

No running or other endangering behavior is permitted at any time in the pool area or locker rooms.

Determination of types of behavior which could be dangerous is subject to discretion of staff on duty.

Swimming near the drains is potentially dangerous, and therefore is not permitted

No prolonged underwater swimming.

No sun tanning or lying within six feet of pool edge

Changing clothes and diapers is allowed only in the locker room or restroom

Starting blocks may only be used during competitive swim practices.

No pets allowed.

Radios, Tape/CD players, other devices may be used only with head sets.

Profanity, fighting, and any other inappropriate behavior will not be tolerated.  
Patrons should treat each other and the staff with courtesy and respect.

Flotation devices of any kind are subject to approval by management.

Any child using a personal flotation device must be within arms' reach of responsible adult at all times.

Non potty trained children must wear swim diapers or rubber pants.

Large rafts, oversized tubes and high powered water guns are not permitted.

On crowded days, the lifeguards may have to restrict all such devices.

Swim tests are mandatory for any swimmer who wants to swim in deep water. To pass a swim test, swimmer must be able to swim 15 yards using front crawl or breast stroke, without stopping and treading water for one minute.

Plastic, brightly colored wristbands are issued once a swimmer passes the swim test. They must be worn in order to swim in deep water.

A 15-minute rest break will be given every hour. At 15 minutes to the hour a signal is given and all swimmers under the age of 16 must exit the pool for 15 minutes.

The advent of camera cell phones has introduced a new privacy issue with regard to locker rooms and images being taken. No cameras or cell phones will be allowed in locker rooms.

Parents are responsible for the actions of their young children.

A child may not ride on a parent's shoulders nor may a child be tossed into the air.

The baby wading pool is designed to be used by children under the direct supervision at all times of a parent or guardian. Children taller than gate are not. All general safety rules that apply to the main pool must be adhered to in the wading pool.

## **CLOSINGS**

The pool will be closed during inclement weather.

At the sound of thunder the lifeguard and or the pool manager will announce the pool is closed. The pool will remain closed for at least 30 minutes from the last sound of thunder. The safety of our patrons is our biggest concern, so the pool may be closed before the first sound of thunder if the lifeguard and/or pool manager feels there is a risk of injury to any person using the facility.

In the event of biological contamination, i.e. blood, feces, etc, staff will close pool per CDC guidelines until proper procedures and chemical parameters are achieved.

No refunds.

## **PATRONAGE**

Children under thirteen (12 years and younger) must be accompanied and supervised by a parent or assigned guardian at least 16 years of age or older at all times.

All adult patrons and unaccompanied minors must present I.D. upon entering facility. Pool passes are not an accepted form of identification.

Children under 13 are not allowed in the locker rooms or in the building without a parent or guardian.

No children allowed in wading pool without a parent or guardian.

## **DIVING**

The lifeguard is responsible for all diving well activities. Use of the diving well may be restricted by the lifeguard.

All patrons using the diving well must be able to swim at least 15 yards on their own.

Parents may not catch their child jumping off board.

Flotation devices and goggles are not permitted on board.

Diving may be performed from the boards only. Diving off of the side of deck is conducted during swim classes or in deep end when diving board is closed.

Dives or jumps must be performed forward, off the front of the board, toward the middle of the pool. No running dives, back dives, inward dives, gainers, handstands, or cartwheels, or twirls are allowed.

Once a dive is performed, the diver must exit the pool by the nearest ladder or swimming directly under rope.

Only one person may be on the board at one time. The next person in line must wait on the deck, not on the steps or on the ladder.

Only one bounce is allowed off the board.

Throwing a ball to someone jumping off the board is not allowed.

The fulcrums, which are the devices used to adjust the spring of the boards, have been preset and may not be adjusted during recreational diving.

No headfirst dives in water shallower than 6 feet.

## **SLIDES**

Must be 60" or shorter to use children's slide.

Position to be maintained while going down slide: lie flat on back, arms crossed over chest, and ankles crossed.

Sunglasses, shoes and T-shirts must be removed prior to using the slide.  
Flotation devices are not allowed in tube slides.

Adults may not ride slide with child.

A person must exit the landing area immediately after using the slide.

The next person may begin a slide only after the previous person has cleared the area below.

## **LAP SWIMMING**

All lap swimming is circular swimming for 3 or more swimmers. If only two swimmers are in lane, then lane is split lengthwise.

A swimmer may not use fins when the lane is being shared

Fins, kickboards, snorkels, buoys and jogging belts may be used by lap swimmers in lap lanes only.

All lap swimming is circular swimming for 3 or more swimmers. When only two swimmers are in lane, then lane is split lengthwise.

A swimmer may not use fins when the lane is being shared

## **Penalties**

Minor violations are as follows:

1. Pushing and shoving
2. Bullying
3. Running on deck and/or in the locker rooms
4. Diving in non-diving areas
5. Jumping and/or diving in backwards
6. More than one bounce on board
7. Swimming in diving area, except during designated times
8. Leaving diving area in wrong direction
  
10. Not leaving pool when asked to do so by staff

11. Splashing guard

12. Smoking on the pool deck and/or locker rooms

Children 3-5 in the water must be supervised by an adult in the water, and be supervised on deck and in locker room areas at all times

For children:

The first time a minor rule is broken a warning is given.

The second time, a time out, in the shade, is given.

The third time, you are asked to leave the facility for the remainder of day.

For adults:

The first time a minor rule is broken a warning is given.

The second time, you are asked to leave the facility for the remainder of day.

Major violations are as follows:

1. Fighting
2. Intoxication
3. Re-entering pool after being removed for the day
4. Harassing lifeguards
5. Pushing lifeguards in pool

For any age group: first violation of a major rule equals expulsion from the pool.

Repeated violations of major rules:

First and second violations: removal for the day, the weekend

Repeat violations will be forwarded to the Garrison Commander for disciplinary action

## **References**

TB MED 575

AR 215-1

Center for Disease Control

[http://www.cdc.gov/healthyswimming/q\\_and\\_a.htm](http://www.cdc.gov/healthyswimming/q_and_a.htm)

Lightning Safety

<http://www.lightningsafety.com>

National Swimming Pool Foundation

<http://nspf.org>

Dangers of water wings

<http://facultyfiles.deanza.edu/images/donahuemary/waterwingsholdchildunderwat.jpg>

<http://facultyfiles.deanza.edu/images/donahuemary/childheldunderbywaterwings.jpg>

