

## **POOL RULES**

**(posted at all entrances and both ends of pool):**

- Pool facility capacity should not exceed 190 patrons.
- Swimmers **MUST** wear a bathing suit. No shirts or cut-off pants.
- Swimmers **MUST** shower before entering pool.
- **NO** street shoes in the pool area.
- **NO** food, drinks, smoking or glass in the pool area.
- Children under the age of two **MUST** be accompanied by an adult when in the water and be wearing appropriate safety support provided by the adult. (swimmies are **NOT** recognized safety apparel **BUT CAN BE USED**).
- Children of preschool age and above must use the appropriate (same) gender rest room **ONLY**. The rest room in the hallway may be used if locker room facilities prove undesirable, but the child is **STRONGLY** encouraged to dry off completely and use footwear before proceeding into the hallway.
- Any person(s) who fail to demonstrate adequate safe swimming skills will be directed by the lifeguard to stay out of the pool.
- The use of training equipment by patrons will be restricted to kick boards and pull buoys for training purposes **ONLY** and **MUST** return to storage area after use.
- **NO** running on the deck or bleacher area.
- **NO** diving from the starting blocks or from the deck.
- The bulkhead, starting blocks and lane ropes are **OFF LIMITS**.
- **NO** swimming under the bulkhead.
- First aid equipment can be used by authorized personnel **ONLY**.
- Read evacuation procedures at all entrances.

## **DIVING BOARD RULES**

**(posted on the walls behind both diving boards)**

- The high dive (3 meter dive) is off limits **AT ALL TIMES**.
- Only one person on the diving board at a time. Next person **MUST** wait on deck.
- Look before jumping or diving to make sure no one is in the diving area.
- Only one bounce is allowed on the diving board.
- Dive or jump in a straight line from the end of the diving board. No flips or back diving.
- Swim to the closest ladder or wall immediately after entering the water and exit the diving well. It is too hazardous to have swimmers in the diving well when the diving board is in use. Swimming and bathing will be restricted to the competition pool.