



Pool Rules and Regulations

1. ALL swimmers must take a cleansing soap shower BEFORE entering the pool.
2. NO swimming unless a lifeguard is on duty.
3. Obey the lifeguard. Lifeguards reserve the right to expel anyone from the pool if they are engaging in unsafe activities or not following the pool rules.
4. NO street shoes on the pool deck.
5. Any person having infectious or communicable disease will not be allowed to use the pool. Persons have considerable area of exposed super dermal tissue, open blisters, cuts, etc. will not be allowed to use the pool.
6. Only bathing suits may be worn in the pool and all swimmers must wear one. No gym wear, shirts, or cut-offs. Toddlers must also wear swim diapers underneath a covering suit. **NO DISPOSABLE DIAPERS ALLOWED!**
7. NO glass containers or food on the pool deck.
8. All band aids and hair clips must be removed before entering the pool. We also recommend all jewelry be removed as well.
9. NO gum-chewing, spitting, or other contamination of the pool water at any time.
10. Walk only on the pool deck and in the locker rooms. –NO RUNNING AT ANY TIME!
11. Non-swimmers must stay in the non-swimmer area. Lifeguards reserve the right to administer a swimming test to any individual at any time. Non-swimmers will be required to wear approved flotation or have a responsible adult in the water with them at all times.
12. NO horseplay, pushing, dunking or fooling around on the pool deck or in the water.
13. Only front dives from the end wall at 12 feet. Flips, spins and back dives are prohibited. No jumping or diving permitted in the shallow end of the pool.
14. Lap lanes are designated for lap swimming only. Pair or circle swimming is required if space is limited.
15. DO NOT sit or hang on the lane lines.
16. Water equipment is the property of the Fitness and Wellness Center and is to be used as intended. Please return all equipment to its proper place when finished.
17. NO INFLATABLE FLOTATION DEVICES OF ANY KIND PERMITTED! Use of approved flotation or safety devices permitted only with direct adult supervision.
18. Swimmers under the age of 12 must be accompanied by an adult, 18 years of age or older at all times while in the pool area.

19. Hypoxic training or practices of any kind are prohibited.

20. Swimmers are discouraged from extended periods of breath holding in order to avoid a potential shallow water blackout.