

Pool Rules

Lap Pool Rules

1. Do not enter the water unless lifeguards are present.
2. All swimmers must shower before entering the pool.
3. No running, pushing, dunking or horseplay.
4. All glass objects are prohibited on the pool deck.
5. Use of starting blocks is prohibited.
6. No food, gum or smoking on the pool deck.
7. No prolonged underwater swimming.
8. Enter and exit the pool area through the locker room doors only.
9. All swimmers must certify that they can swim in 7-9-7 feet of water or take the deep water swimming test.
10. The use of swimmies, lifejackets, children's floatation devices are prohibited. (These devices give children and parents a false sense of security and can easily become a supervision problem)
Lifeguards are the final authority.
11. All swimmers must sign in at the equipment room desk and obtain a wristband in order to use the pool.
12. No diving.

****Deep Water Swimming Test:**

Swimmers must be able to:

- * swim 100 yards (or 4 lengths of the pool), and
- * tread water for one minute, and
- * float on their back in the middle of the pool for 30 seconds and then swim to the furthest wall.

Lifeguards may ask and test any swimmer they feel may need to swim in shallower water.

This test is posted so that all users will see it entering the natatorium and can be referred to if patrons question the lifeguard(s).

Dive Pool Rules

1. Only one of the 1 meter boards will be open at a time.
2. The three meter diving board is for experienced competitive divers only. This board will not be open during recreational swim.
3. No other deep water activities (ie. swimming, treading) in the deep part of the well, beyond the lane line, while the diving board is in use.
4. Only one person on the board at a time.
5. Only one bounce on the diving board at a time.
6. Feet first jumps, an approach, hurdle and front dive only. There is no fancy diving (back dives, flips, reverses, inwards....) allowed.
7. All dives should be straight off the end of the board.
8. The fulcrum on the board should be moved all the way forward to minimize the amount of spring from the board.
9. Exit the water immediately after your dive.
10. No diving from side of the pool. The safe diving envelope; is the center of the dive well (the deepest part of the pool).
11. All weak/ non swimmers must stay on the shallow side of the yellow lane line.
12. Diving Boards:
 - Require all dives to be kept within 12 feet of the end of the diving boards. Do not permit dives out away from the boards or to the side of the boards.
 - The **3 meter** diving board is for competitive practice, meets and class purposes only. Usage is **not** permitted during recreational swim.

The lifeguards are the final authority of the pool. You are responsible for making any immediate and necessary decisions to ensure the safety of all pool users.