

## POOL RULES

- Absolutely no entering the pool without a lifeguard on duty.
- Please take a soap shower before entering pool or whirlpool, as law requires them.
- Proper swim attire must be worn in both the pool and whirlpool. Children are required to wear swim diapers under a snug fitting swimsuit if they are not completely toilet trained. **NO revealing swimsuits, cutoffs, t-shirts, shorts, or other loose clothing.**
- Please do not enter the pool if you have a communicable disease or an open wound.<sup>3</sup>
- Food, drink, and gum are not permitted in either pool area (plastic water bottles are OK!).

Supervision requirements during open swim:

1. Children under 8 must be accompanied by an adult (16 years or older) in the water and actively supervised at all times. No child will be left unattended in the water or on deck.
2. An adult must always be within arms reach of weak or non-swimmers at all times.
3. Diving is only done in 9 feet of water. Feet first entries are allowed in all areas of the pool.
4. Only those swimmers who complete a swim test may use the deep end (1 length front crawl in good form). Children under 8 must complete a swim test with a parent. Parent-child ratio is 1:1 in deep end.

Please do not:

- Sit or hang on lane lines
- Run or engage in horseplay
- Use water wings, other inflatable devices, face masks
- Wear street shoes
- Bring in strollers or car seats

## WHIRLPOOL RULES

- Capacity 11 people. For use by adults 18 and older only. No children allowed in whirlpool area, including child safety seats, car seats and strollers.
- Please do not jump, dive, submerge, or do aerobic exercise in whirlpool.
- Whirlpool temperature is 101-104 degrees. Limit use to no more than 10 minutes. Lengthy use may cause dizziness, nausea, and fainting.
- No eating or drinking on deck, plastic water bottles are ok.