

POOL RULES



1. No sitting or standing on shoulders
2. No dunking in the deep end
3. No running on the deck, please walk
4. No diving in the shallow end
5. No hanging on the rope or lane lines
6. Swim under the blue rope, not over, it WILL break
7. No kick boards allowed unless an adult is using for swimming laps-15 and older for this rule
8. Only coast guard approved floatation devices are allowed in the water (aka lifejackets will have a patch on the inside saying coast guard approved, puddle jumpers are approved)
 - a. Floatation items of any kind are NOT allowed in the deep end of pool
9. Only life jackets, beach balls and diving toys are allowed. If in question, ask a Life Guard. No toy floatation devices allowed in pool
10. No horse play
11. If under 6 years of age, you MUST have someone (14 or older) accompany them in the water/buddy band required. If you are under 10 years of age, you must have an adult accompany you to the facility.
12. No street clothes allowed in the pool-you must wear a swimming suit
13. No hanging on the poles or ladders
14. Children under 3 MUST wear a swim diaper. NO EXCEPTIONS!!
15. Please put food and garbage in the trash
16. No food in the pool
17. No glass in the pool area
18. No coolers of any kind

DIVING BOARD RULES

1. No double bouncing
2. No running off board
3. One person at a time, next diver must wait at bottom of stairs until jumper is to the side
4. Must jump straight off the end of board
5. No hanging out in the deep end unless diving boards are closed
6. After entering the water, swim directly to the side of pool closest to your diving board
7. Backflips, gainers and back dives are allowed off the diving boards only. If life guard feels diver is going to hit their head, they WILL advise diver to stop tricks respectively.
8. Divers and jumpers MUST be able to swim to the edge by themselves. Parents/siblings are not allowed to catch any jumpers off the diving board.
9. No hand stands, feet must leave the board last.

Remember, if it doesn't look safe, the Lifeguards will ask you to stop!