



## Pool Rules & Pool Etiquette

1. Parents and guardians are responsible for supervising their children. Lifeguards are on duty to enforce rules and to respond in case of emergencies. Lifeguards are not on duty at the wading pool.
2. The lifeguard on duty is in full charge. Lifeguards have the authority to stop any activity that is deemed unsafe. Please abide by their requests. The manager or head guard may enforce any non-written rule as deemed necessary.
3. Children UNDER 13 **must** have a parent on the pool deck. Any non-swimmer under 13 years of age is required to be within arms distance of an adult in the water.
4. Children UNDER 7 **must** have a parent in the water with them.
5. Every member and guest **must** shower before entering the pool.
6. No running on the pool deck.
7. No diving into the pool.
8. No smoking, alcohol, tobacco products, gum, pets, or glass on the pool deck. All food must be kept in the designated eating areas.
9. Only swimsuits are to be worn by children of all ages and adults who use the swimming facilities at the JCC. No cut-offs or other apparel. T-shirts may be allowed at the discretion of the manager or head guard on duty provided it is white.
10. Reusable or plastic swim diapers are required for all children UNDER 4 years old in all swim facilities. Diapers are not permitted to be worn as swim wear. All diaper and garment changing **must** be done in the privacy of the locker rooms.
11. Tie back long hair or wear a cap.
12. Members with a cold, virus, communicable disease, open sores, ear or nasal discharge are not allowed in the pool. Please remove all band-aids before entering the water.
13. Abusive or profane language will not be permitted.
14. Floatation devices, including swim suits with built-in floatation, or toys of any kind are NOT permitted in the pool area unless the Pool Manager grants permission. Lifejackets may be used if they are Coast Guard approved. No inflatable floatation devices will be approved.
15. Behavior that is deemed hazardous in the judgment of the pool personnel is prohibited. Such behavior includes, but is not limited to:
  - a. running, pushing, or snapping towels
  - b. dunking, back flips, twisty jumps, or general horseplay in the pool area
  - c. horse and rider (chicken fights) in the pool
  - d. throwing of children or diving from the shoulders
  - e. hanging on lanelines, ladders, or float ropes
16. The pool may be closed due to inclement weather or water quality.

### Wading Pool

17. Use of the wading pool is limited to children UNDER 7 years old or those who cannot swim.
18. Lifeguards are NOT on duty at the wading pool. Parents and guardians are fully responsible for the supervision of children and must be within arms reach when using the wading pool. Although the Lifeguards are on duty in the general area, they cannot give constant and careful supervision that the youngsters need.

### Lap Swimming Etiquette

1. Lap swimmers must be able to swim 4 continuous laps (at any pace), without resting or stopping.
2. Speak with all swimmers in your lane prior to entering. Always enter the pool feet first.
3. Lanes are divided by swimming speed. Circle swimming is necessary when 3 or more members are lap swimming. Please swim counter-clockwise and as far to the right as possible.
4. To pass another swimmer, lightly tap the swimmer's foot once and pass at the wall, never in the middle of the pool. Please allow faster swimmers to pass.
5. If you are stopping or resting on the wall, stay to the right side of the lane to stay away from the swimmers coming in. Stopping in the middle of the pool should be avoided. If the lane is crowded and one person stops, all will have to stop. Be aware of the swimmers around you.
6. Lifeguards may ask you to switch lanes to balance lap lanes. Please accommodate their requests.