



## General Natatorium Rules

*The rules in this section apply to all areas of the Natatorium.*

1. All swimmers are encouraged to take a shower before entering the pool. A thoroughly cleansing shower must be taken before entering the pool after using suntan lotions or oils, body lotions or participating in any type of physical activity.
2. Proper swimming attire is required.
3. Swim diapers are required for all non-toilet trained patrons.
4. Persons with infectious conditions or contagious diseases such as colds, open sores, the flu, eye infections and similar infectious conditions/contagious diseases are not permitted in the pool. Persons wearing bandages are not permitted in the pool.
5. No floatation devices are permitted (noodles, water wings, rafts, kickboards etc.) For those parents who want to use kickboards to practice swimming with their child refer them to Darlene, Julie or head lifeguards.
6. Only Coast Guard approved lifejackets are permitted with an adult swimmer in the water within an arm's reach.
7. Snorkels, masks, fins and swim toys are permitted, but lifeguards may restrict the use.
8. Horseplay is not permitted (i.e. running, dunking, pushing, sitting on shoulders, etc.).
9. Swimming is not permitted in the roped off section of the slide when the slide is on.
10. Diving is only permitted in the Competition Pool utilizing the diving boards or diving board side wall where the diving boards are located. Only feet first jumping into the pool is permitted in all other areas.
11. Rest breaks may be called 15 minutes before each hour. Only patrons 18 and older may remain in the water during the rest breaks.
12. No one is permitted on the wall separating the zero-depth area and the lap lanes in the Leisure Pool. (Peninsula)
13. At the discretion of the Lifeguard, any swimmer may be asked to demonstrate their swimming ability or challenge the swimmer's age to determine if they are able to use designated area of the pools.

## Competition Pool Rules

### General

1. Patrons should not hang onto or climb over the lane lines.
2. State Law requires no public access to the starting blocks. Coaches may use the starting blocks when coaching the swim/dive team.
3. **No lifejackets are permitted in the Competition Pool.**
4. Please do not remove the cones on the starting blocks during open swim.

### Lap Swim

1. The lap lanes will be designated by signage to the proper use of them. Example: Lap lane, jogging lane and circle swim.
2. A circular pattern will be used for lap swimming. Patrons should stay on the right side of the lane, swimming in counterclockwise direction.
3. Patrons that stop between lengths should sit on the side of the pool to avoid congestion.
4. Patrons should try to keep pace and maintain a reasonable distance between swimmers. Patrons continually passing or being passed, should consider moving to a different lane.
5. When passing, patrons should notify the swimmer in front and pass in the middle of the lane. Patrons should watch for oncoming swimmers.
6. Lanes are designed to accommodate up to six patrons who are swimming laps in a circular pattern.
7. Kick boards and pull buoys are to be used for fitness training or at the discretion of the aquatic staff and be stored in the appropriate storage area when not in use.



### **Diving Board Rules**

1. Patrons may only use the diving boards during designated recreational diving times
2. Patrons must mount the board by using the ladder only.
3. Only one person is allowed on the board at a time and only one bounce is permitted.
4. State Law prohibits patron from adjusting the fulcrum. Fulcrum is locked with chains.
5. Patrons should jump straight off the board, not to the side or toward the wall.
6. Only standing front dives are permitted.
7. Patrons must take-off the board from the feet only (no handstands, cartwheels, or sitting take-off).
8. Patrons must wait until the landing area is cleared before entering the water.
9. Patrons cannot catch younger children who are jumping off of the diving boards.
10. After exiting the diving board, patrons must exit the pool at the nearest ladder or stairwell.
11. Hanging on the board is prohibited.
12. General swimming in the diving area is not allowed when the diving board is in use.
13. Masks, goggles or glasses may not be worn while using the diving board.
14. The diving boards may be closed at the discretion of the Aquatic Staff to provide additional lap lanes, or program space.

### **Leisure Pool Rules**

#### **Water Slide**

1. State Law requires that all riders must be 48" or taller to use the water slide. The water slide is only open for use during designated times (refer to the current pool schedule).
2. Masks, goggles or glasses should not be worn while sliding.
3. T-shirts, rash guards and swimwear with exposed zippers, buckles, rivets or metal ornamentation are not permitted.
4. Pregnant women and persons with heart conditions or back trouble should not use the slide.
5. Only one user should be on the platform at a time.
6. Patrons must make sure the splash down area is clear before entering the slide.
7. Only one rider is permitted on the slide at a time. Patrons are not permitted to ride with children in their lap.
8. Riders must wait for the Lifeguard's start signal before starting the ride.
9. Slide must be ridden feet first, lying on your back or in a sitting position.
10. Hands and feet must be kept inside the slide at all times.
11. Diving into/off of, kneeling, changing positions, slowing down, stopping, forming chains or sliding down head first is prohibited at all times.
12. Catching children as they exit the slide is not permitted.
13. Patrons must exit the water immediately after using the slide.
14. The water slide may be closed at the discretion of the Aquatic Staff.
15. No lifejackets

#### **Spa**

1. Participants must be 16 years of age or older to use the whirlpool. Children under the age of 16 are prohibited from sitting on the sides of the spa and putting their feet in the water. Nor may they sit on the steps.
2. Women who are pregnant, elderly persons with high or low blood pressure, heart disease or diabetes should not utilize the whirlpool without first consulting a physician.
3. The usage time in the spa is limited 15 minutes. Long exposure may result in nausea, dizziness or fainting.
4. Do not submerge head or face in the whirlpool due to extreme water temperatures.
5. Maximum occupancy is 12 people.
6. Temperature must be no higher than 104 degrees

#### **Current Channel Rules**

1. The number of people allowed in the current channel will be determined by the Lifeguard on duty.
2. Sitting, standing, diving from, or hanging on the wall is prohibited.
3. Non-swimmers must be with a capable swimmer in the current channel water and not bobbing neck deep. It will be the Lifeguards who determine if the person accompanying the non-swimmer is a capable/experienced swimmer.
4. Do not jump into the current channel from the deck