

# HIGHLANDS POOL SAFETY RULES Effective March 2017



## HIGHLANDS SWIM AND TENNIS CLUB

**NOTE:** Lifeguards may exercise discretion in requiring members and/or guests to discontinue any activity that, in their judgment, is unsafe or disturbing to others.

### GENERAL

- All persons in the pool area must be current members or guests.
- Any person unable to demonstrate independent swimming ability to the guard staff will not be allowed in the dive pool.
- NO: running, pushing, acrobatics, horseplay, hanging on rim of basketball hoop, hanging on diving board, multiple people going down the slide at the same time, swimming through or under lane lines, attempting to remain in pool during break if under the age of 16, wrestling or discourteous behavior in or around the pool.
- Members may not engage in conversations with guard staff while they are on duty in the lifeguard stands. Please address questions or concerns to lifeguards at the Lifeguard Station area.
- Swimming during off hours or in the absence of an on-duty lifeguard is prohibited.
- Swimming attire must be appropriate for a family-oriented club. Children not toilet-trained must wear swim diapers. No blue jeans or cut-offs in the pool at any time.
- Pool management and lifeguards have the authority to clear the pools of all swimmers at any time.
- The cost of any property damage will be charged to the responsible party.

### YOUTH MEMBERS

If your **child has not passed the swim test** administered by the lifeguards, you must be in the pool with your child, within arm's reach at ALL times. Noncompliance may result in dismissal from the pool.

You are personally responsible for your child at all times. If you are at this facility and your child is in one of the pools, he/she is at risk of drowning. If you believe your child has mastered the skill of independent swimming, please speak to the lifeguard on duty to conduct a swim test. Once your child has passed the swim test **you are still responsible for watching him/her** while at this facility. This includes all children and guests in your care. Thank you for keeping your child safe.

The Independent Swimming Test consists of:

- Swimming one length of the pool to lifeguard staff satisfaction
  - Floating on back for one minute (lifeguard discretion)
  - Treading water for one minute
- Children 5 years of age or older are permitted in the dive pool **after passing** the Independent Swimming Test.
  - No children under 5 years of age are permitted in the dive pool at any time. This policy applies to all children, even those accompanied in the water by their parents or other adults.
  - All children under the age of 4 years, or any older child not fully toilet-trained, must wear swim diapers when using the baby pool or middle pool.

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- Members 10-14 years of age may come to the pool unaccompanied when the following conditions are met:
  - Independent Swimming Test is successfully completed, and
  - Emergency care card and Parental Permission Form are completed and signed by parent
- Swimmers under 10 years of age must be under the supervision of a club member at least 15 years of age while at the pool.
- At 50 minutes past each hour, there will be a 10 minutes break for all swimmers under 15 years of age.
  - During the break, all swimmers under 15 must be **completely out of the pool**
- After 7:00PM, swimmers under 15 years of age may not be in the pool/facility unless supervised by an adult member.

## HEALTH

- All swimmers must shower before entering the pool.
- Admission may be refused to anyone with illness, lacerations, sores, bandages, cuts, skin disease, communicable diseases, colds, fever, infection or other physical ailments.
- No spitting or bodily fluids are allowed in pool areas.
- Food and beverages are permitted in designated areas only – members must clean up thoroughly after their meal.
- No bottles, glass containers of any kind or any other hazardous objects are allowed in the pool areas.
- No pets are allowed in the pool areas.
- The club is a non-smoking facility. Smoking is prohibited.

## USE OF LAP LINES

- Lap swimming is the priority use for designated lap lanes.
- Swimming under or through the lap lanes while in use is prohibited.
- No hanging on the lane lines is allowed as lines stretch and become damaged.

## DIVING AND SLIDE USE

- Only one person at a time is permitted on the diving board or slide.
- Diving from the side of the pool is prohibited in shallow water.
- Bouncing more than once on the diving board is prohibited unless it is part of the supervised dive training program.
- Detailed use rules are located adjacent to the diving and slide areas.

## SWIMMING ACCESSORIES AND POOL TOYS

- Swimming accessories, aids, and pool toys are prohibited on the diving boards, slides, or in the lap lanes. This prohibition includes ball throwing over or in the lap lanes.
- Pool staff may require the removal of swimming accessories, aids, and pool toys at their discretion, depending on the pool conditions.

**Questions regarding any of these rules may be addressed to the Pool Manager**

**Highlands Swim and Tennis Club: Safety First**