

# **CHAPTER 4**

## Pool Rules & Policies for Usage

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### **POOL RULES & POLICIES FOR USAGE**

#### **I. DECK/LOCKERROOM/SWIMMING POOL RULES**

- In case of an emergency, alert the nearest lifeguard.
- All persons must take a cleansing shower before entering the pool.
  - \*Showers must be from head to toe and soapy.
- No running, rough play or offensive behavior allowed. The deck and lockerroom is slippery when wet.
- All children 6 years and under must be accompanied in the water by an adult at all times.
  - \*Adults must be 18 or older.
  - \*Adults must be within arms reach of all nonswimmers.
  - \*Adults must be in bathing attire, showered, and in the water.
  - \*There may be no more than 3 children to 1 adult.
- All youth under the age of 18 must pass a swim test prior to entering deep water.
  - \*Swim test consists of a non-struggling crawlstroke (in shallow water with arms out of the water and body no more than 30 degrees) for one width of the lap pool.
- Non swimmers must stay in shallow water (chest deep) unless they are with a parent in the water, which is nor more than chest deep on the parent.
- Swimming in the diving well is permitted when the diving board is closed.
- Spitting or discharge of any bodily waste in the pool is prohibited in the pool.
- No person under the influence of alcohol or other drugs will be permitted in the pool area.
  - \*If lifeguard has suspicion of this, seek aid of supervisor.
- Persons with communicable diseases or open sores are prohibited from using the pool facilities.
  - \*Qualifying sores includes sores that ooze or have puss.
  - \*If you question whether or not a patron poses a reasonable risk to the public, seek the aid of a supervisor.
- No glass is permitted in the pool or on the pool deck. Water in covered plastic containers is acceptable.
  - \*Other exceptions include: discrete breastfeeding, baby bottles and topped cups for toddlers.
  - \***Gum or gum chewing is not allowed in the facility**
- **The designated eating area is restricted to the upper deck**

- Spectators in street shoes are to remain behind the stancions and/or 6 feet from the waters edge.
- An Aquatic Program Supervisor must approve the use of masks, fins, snorkels and flotation devices.
  - \*Snorkels are only allowed during lap swims.
  - \*Walking in fins is not allowed.
  - \*Fins may be used at open swims at supervisor's discretion.
- Appropriate swim attire is required. No fringe cut-offs allowed.
  - \*No thongs or revealing attire is allowed.
  - \* Infants and toddlers who are not potty trained must to wear plastic pants or a tight fitting swimsuit. Disposable diapers are not acceptable because they fall apart in the water.
- Any person refusing to obey the rules or direction from the Aquatics Staff may be subject to removal from the facility.
  - \*Seek aid from a supervisor with any escalated situation.

#### **IV. DIVING BOARD RULES**

- Patrons under the age of 18 must take a swim test before using the diving board.
- One person at a time is allowed on the diving board.
- Patrons must wait until the person in front of them has reached the side wall ladder before going off the diving board.
- Goggles/masks are not to be worn off the diving board.
- Only one bounce per dive is allowed.
- Divers must jump from the board in a standing position; sit dives and cartwheels are prohibited.
- Please adjust the fulcrum from the side of the diving board and not while standing on it.
- No running allowed on the diving board.
- Any person refusing to obey the rules or directions from the Aquatics staff may be subject to removal from the facility.
  - \*Seek aid from a supervisor with any escalated situation.

#### **VI. WADING POOL RULES**

- Those entering the wading pool (both youth and adults) must shower before entering the wading pool.

- Bathers should not swallow the pool water or allow the water into their mouth.
- Please change diapers in a bathroom and not at poolside.
- The wading pool is for children 6 years and under and their parents.
- Adults must remain in the water and within arms reach of non-swimmers.
- A maximum of 40 guests are permitted inside the wading pool area. (this includes the deck and water)
- Feet first entires only.
- No running. Please walk.

## **VII. FLOTATION DEVICE GUIDELINES**

- Patrons may bring their own inflatables and/or use one provided. Inflatables larger than 3ft will be allowed at the lifeguard's discretion. If the swim is too crowded the lifeguard may limit the use of or remove inflatables.
- Young children may use small inflatables when accompanied into the water by an adult.
- Standing, jumping or diving on or into the tubes or inflatables will not be allowed
- All inflatables must be clean.
- Large mats will be treated as inflatables.
- Patrons using water wings, lifejackets or other attached flotation devices must stay with arms reach of his or her parent and in water no deeper than the parents chest depth.
- Large mats and/or inflatables are not permitted in the instructional pool.

## **VIII. LOCKER ROOM RULES**

- Children 6 years and under may not be left unattended in the locker rooms; they are not supervised by Aquatics staff.
- Children 6 and older must use the locker room of their gender so that others are not offended.
- No food, drink, or glass permitted in the Locker Room, pool or on the pool deck. Water in covered plastic containers is acceptable.
- The City of Kirkland is not responsible for items lost or stolen from the locker rooms.  
\*Unclaimed lost and found items are donated to charity one week after they are found.

## **IX. PUBLIC SWIM RULES**

- Diaper changing is not allowed on the deck for sanitation and health reasons. There are changing stations in the locker rooms for this purpose.
- No diving in areas marked no diving or water less than 9 feet deep.
- Only forward, feet first jumps from the deck are allowed in shallow water. Forward feet first jumps and dives are allowed in water great than 9 feet in depth.
- No standing on or stacking of the inner tubes or mats.
- No jumping off, diving off, or playing on diving blocks. They are only to be used when supervised by a coach or instructor.
- No hanging or climbing on railings; they are not intended for this use and someone could get hurt if they fell from them.
- No running on the steps or in the wading pool.
- **Kickboards**
  - \*All kickboards are available during lap swims, lessons and swim team. Soft kickboards are also available during open type swims in the wading pool and the shallow end of the big pool.
  - \*Kickboards should not be sat or stood on, thrown or used as weapons.
  - \*No kickboards should be taken off the diving blocks or boards.
- **Lifejackets**
  - \*Lifejackets are available at any swim.
  - \*Patrons using lifejackets must stay in shallow water (chest deep) or if with parent, stay where parent can stand (chest deep).
  - \*Lifejackets must be worn correctly.
  - \*Lend assistance to patrons who need help.
- **Toys**
  - \*Toys and soft balls are available for lessons, free wading pool swims and open type swims. Some toys are available only for lessons. The toys that are used only for lessons are in bins in the storage room. These toys are to be taken out at the beginning of lessons and returned when they are done.
  - \*If people bring their own toys such as squirt guns, they may use them. Toys left unattended in either pool may be removed. Squirt guns may be used as long as no-one is squirted that does not want to be squirted.
  - \*Barbells and noodles are only allowed during lessons and the free wading pool swim.
- **Basketball Hoop**
  - \*No hanging on the rim

\*No shooting from the deck.

\*Keep the ball and game in the pool.

### **C. Lap Swims**

1. All general pool and deck rules apply.
2. All patrons must swim laps. Individuals not swimming laps in the lap lanes (splashing, playing, etc.) may be asked to leave.
3. All patrons must swim in a lane that matches their swimming speed.
4. Equipment such as kickboards, pull buoys, mask, fins, snorkels and paddles may be used.
5. Open to all ages
6. The diving blocks are not to be used unless supervised by a coach or instructor.
7. Maximum capacity is 50.
8. Lap swim Etiquette:
  - a. Swim to the right of your lane at all times.
  - b. When passing another swimmer, pass to the person's left, down the middle of the lane at full speed. Once you have finished passing, swim to the right of the lane again.
  - c. When being passed, slow down until the overtaking swimmer has completely passed you.
  - d. If someone is at your heels, when you reach the wall pause to let that person pass.
  - e. When swimming into the wall, keep to the right (not the middle or the left) so that if a person is passing you at the end of a lane they will have space to turn.
  - f. When standing at the wall of a lane, stand to the right (when facing the wall) whenever possible to allow space for the incoming swimmers.
  - g. If a problem should arise, be sure to let the lifeguard know.
  - h. If you are swimming faster than others in your lane, move to a faster lane.
  - i. If you are swimming slower than others in your lane, move to a slower lane.
  - j. If you want to stretch out or do other exercises in the water, please attend to the proper swim and use the appropriate part of the pool.

### **D. Lessons**

1. All general pool and deck rules apply.
2. Students must wait for their instructor to call them into the water.
3. Students must stay with their instructor at all times when in the pool.
4. Students may use the diving blocks while supervised.
5. Students must get out of the pool when the lesson ends. The instructor needs to make sure all of their kids are out before they leave the class area.

6. There are no make-up days for lessons. If the pool cancels due to repairs, cold water, etc., we will issue free passes good for a free public swim admission or the pass may be used to discount the cost of the missed classes from the next swim lesson registration.
7. There is no public swimming during lessons unless otherwise specified.

**F. Pool Parties:** Pool Parties (Rentals) may have a variety of different set-ups, maximums and ratios depending on the requests of the patrons renting the pool. During rental times the main and wading pool are closed to the public.

\*All general pool and deck rules apply