

## 350 Facility Use Rules

# 350 Facility Use Rules

### 1. Purpose

This policy is to ensure a consistent development and application of facility use rules which need to be enforced and obey while in the facility of the William Shore Metropolitan Park District (District). Lifeguards may use their discretion for rules not listed here but pose safety concerns.

### 2. General Facility Rules

- Children 6 and older must use the locker room of their gender. Family changing rooms may be used by parents with older children of a different gender.
- Lifeguards must be on duty before swimmers are allowed in the water.
- The Shore Aquatic Center reserves the right to prohibit or eject any person who may endanger the safety of others or self or cause offense to others.
- Smoking is not allowed in the facility or within 25 feet of any doors, windows, or vents.
- Food and drinks are not allowed in the locker rooms, changing rooms, or on the deck.
- Glass containers are not allowed in the facility.
- The Shore Aquatic Center is not responsible for lost or stolen items.
- Lost and found items will be given to charity after each week.
- No changing on deck.
- Persons with infections or open wounds are not allowed in the pools.
- Every person must take a shower before entering the pool.
- Appropriate swimwear must be worn.
- Plastic pants with a cloth diaper or swim diapers must be worn by patrons needing protection in the pools. Disposable diapers are not allowed.
- Street shoes must be clean to be allowed on the pool deck.
- Only service animals are allowed in the facility and must remain in approved areas.
- Persons under the influence of alcohol or drugs are not allowed in the facility.
- Private Day Camps must provide one adult per 3 children ages 8 and under or one adult per 5 children aged 12 and under.

### 3. Pool Rules

- Children 7 years and under must be accompanied by an adult in the water within arm's reach at all times regardless of swimming ability.
- Distracting, splashing or disobeying the lifeguards is not allowed.
- Only forward, feet first jumps allowed off the sides of the pools where diving is not allowed.
- No hanging or sitting on the lane lines or buoy lines.
- The competitive starting blocks are used during instructional or competitive swim program times in the presence of a coach or other trained instructor.
- Non-swimmers must stay in shallow water of less than chest depth or with an adult who is in water of less than chest depth regardless if they are wearing or using a floatation device.
- Patron's infant floats and toys are allowed during swims and must be clean and approved by the supervisor before entering the pool.
- Patrons must be able to comfortably swim the width of the shallow end with their face in the water if they wish to go off the diving board or swim in the dive tank.

### 4. Dive Tank Rules

- The dive tank is off limits for swimming when the diving board or climbing wall is in operation.

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- Diving is only allowed in the dive tank when the diving board is closed.
- When diving from the board, leave only forward or backwards from the end of the board.
- Patrons must leave the board in a standing position.
- Only one person on the diving board at a time.
- Each patron on the diving board must wait until the previous patron has reached the pool ladder and is climbing out of the pool before going off the board.
- Patrons must dive or jump straight off the end of the diving board.
- Patrons must leave the diving board in a standing position.
- Patrons must swim in a safe and quick manner to the closest pool ladder and climb out of the pool immediately.

### 5. Climbing Wall Rules

- Climbers must read, understand, and obey all posted rules, instructions and warnings.
- Non-swimmers and beginners are not permitted on the climbing wall or in the dive tank. Swimmers may be required to take a swim test at lifeguards' discretion.
- Climbers must listen to and obey the lifeguards monitoring the structure.
- Climber must wait for lifeguard instruction to access the climbing wall.
- Only one climber is allowed on the climbing wall/and or in the dive tank at a time.
- Only feet-first entries are allowed when entering in the water. Flips and/or diving are not permitted off the climbing wall NO EXCEPTIONS!
- Lifeguard will open and close the climbing wall.
- Climbers must begin from the water.
- When you have reached the top hand grip with your hand, you have reached the top of the climbing wall and must jump off.

### 6. Sauna Rules

- The maximum capacity is 10 patrons at any one time.
- Patrons 15 years of age and over may use the sauna.
- Every person must take a shower before and after entering the sauna.
- Pregnant women, elderly persons and patrons suffering from heart disease, diabetes or high blood pressure should use caution and consult their physician before using the sauna.
- Patrons should limit their stay in the sauna to 15 minutes at any one session.
- Exercising is not allowed in the sauna.

### 7. Swimming Lesson Rules

- Students may not enter the water until their instructor begins class.
- Students must stay with their instructor at all times when in the pool.
- Lifejackets may be used on diving board during swimming lessons.
- Students must get out of the pool when the lessons end. Instructors need to make sure all of their students are out before they leave the class area.
- There are no make-up days for lessons. If the pool cancels for any reason, a credit will be placed on the student's account.
- All pool rules apply.

### 8. Lap Swimming Rules

- All patrons in lap lanes must swim laps. Maximum occupancy is 8 patrons per lane unless otherwise designated, i.e. water walking, swimming lessons, therapy groups. Individuals not swimming laps will be asked to leave the lap lanes
- When the lap lanes become crowded, patrons will be asked to swim in a circular direction. During this time, patrons will need to swim in a lane that matches their swimming speed.
- Equipment such as pull buoys, masks, fins, snorkels and paddles may be used.
- Open to all ages. Children must be able to swim at the same pace as the slowest swimmer.

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- Lap Swimming Etiquette for circle swimming
  - Swim to the right of your lane at all times
  - 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.
  - When being passed, slow down until the overtaking swimmer has completely passed you.
  - If someone is at your heels, when you reach the wall pause to let that person pass.
  - 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.
  - When standing at the wall of a lane, stand to the left (when facing the wall) whenever possible to allow space for the incoming swimmers.
  - If a problem should arise, be sure to let the lifeguard know.
  - If you are swimming faster than others are in your lane, move to a faster lane. If you are swimming slower than others in your lane, move to a slower lane.
  - If you want to stretch out or do other exercises in the water, use the appropriate part of the pool.

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### 9. Open Swim Rules

- Maximum occupancy is 234.
- All floatation devices including mats and inner tubes must remain in the shallow section of the pool.
- Patrons must be able to comfortably swim the width of the shallow end with their face in the water if they wish to go off the diving board or swim in the dive tank.
- No standing on mats or inner tubes, both must be kept at least 3' from the pool edge.
- Soft, inflatable balls and toys may be used at the lifeguards' discretion
- No running.
- Talking to, splashing or distracting the lifeguards is not permitted.
- No chicken fights or shoulder rides.
- No profane or abusive language, fighting, or other offensive behavior. Patrons engaging in these activities will be asked to leave the building.
- Dunking, pushing, spitting or other forms of horseplay are not allowed in the facility.
- Only forward, feet first jumps from the deck are allowed in shallow water. Forward feet first jumps and dives are allowed in the 12' area. Front flips, back flips, and/or back dives are not permitted from the side of the pool.
- Anyone wearing a lifejacket is assumed to be a non-swimmer and must be within arm's reach of an adult at all times.

### 10. Equipment Rules

- Kickboards may not be sat or stood on.
- Lifejackets are available at any swim.
- Children wearing lifejackets must have an adult within arm's reach or stay in water where they can touch while wearing the lifejacket. Adults wearing lifejackets must stay in chest deep water where they can touch while wearing the lifejacket.
- Inflatable equipment will be restricted to the shallow end.
- Standing on, jumping on, or diving on/into the inner tubes or other inflatable equipment will not be allowed.
- If people bring their own toys, they may use them. Toys left unattended may be removed. Squirt guns may be used as long as they are used responsibly.
- Stacking of inner tubes and/or mats is not allowed.
- Inner tubes must be kept at least 3 feet from the edge of the pool.

### 11. Rope Swing Rules

- One person on Platform at a time
- Swing straight out and let go
- Only use with Lifeguard supervision