

## General Pool Rules

- No running.
- No horseplaying.
- No profanity.
- No coolers or outside food allowed.
- Eating allowed only in designated areas. (Picnic tables next to the restroom)
- No smoking, no vaping.
- No glass containers.
- No alcoholic beverages.
- Children 12 and under must be accompanied by an adult.
- Children must be supervised by an adult at all times.
- If the child is a non-swimmer or in a life jacket an adult needs to be within arm's reach.
- No inflatable devices allowed, only Coast Guard approved PFD's permitted
- No street cloth allowed in any of the pools, board shorts or bathing suits only.
- No breath holding.
- Parents or groups with a ratio above - 1 Adult to 5 kids must have all children take a supervised swim test or attest to their abilities.

## Lap & Competition Pool Rules

- Lap lanes are reserved for lap swimming only.
- No hanging on the lane lines
- No jumping off the starting blocks- these are reserved for swim team with coaches only.
- Must be able to swim to use competitive pool, no life jackets allowed at any time in the competitive pool.

## Diving Board Rules

- One person at a time on the board.
- No cartwheels, sitting dives, hand stands or multiple bounces allowed at any time on any of the diving boards.
- Must walk looking forward to the edge of the board.
- No goggles, hats or life jackets allowed.
- After jumping off the Low dive board you must exit right.
- After jumping off the High dive board you must exit left.
- Low diving board on the far left is not in use for safety reasons.
- Height requirement for users on the high dive.
- Must jump forward and out off all diving boards.
- Manufacturers suggested weight limit is 250 lbs.

## Teaching Pool Rules

- No swimming or playing in the ramp area.
- No sitting or holding on to ramp handrails or rope.
- Must jump feet first. No diving or flips allowed at any time.
- Inflatable balls are not allowed.

## Pirate Ship Pool Rules

\*\*\*\* *I acknowledge and will read the posted rules of the Pirate Ship area posted next to the entrance.*

- Feet first when going down all the slides.
- Do not climb on netting.
- No climbing up the slides
- Older kids be cautious of younger children.
- Close the entrance gate to Pirate ship after opening.

### All outside groups or organizations

- *\*This document with the rules and policies of Jacobs Aquatic Center is required to be signed and returned per the request of our Insurance Company and our Board of Directors.*
- Before entering the water, a Jacobs Aquatic Center staff member will go over the rules for each pool and inform and discuss with the groups supervisor(s) the requirement for a swim test.
- A swim test is mandatory for all participants in all groups and camps before allowed to play in the pools. Camp and Group Counselors can create and maintain list of participants who passed/failed the swim test. This will avoid participants from being retested after having previously passed the swim test. Each participant will get one opportunity each visit. That person can retry the swim test on a returning date.
- Participants who successfully pass the swim test will receive a green wrist band, campers who make it halfway will receive a yellow wrist band and campers who fail the swim test will receive a red wrist band. **Green**= allowed in all pools, **Yellow**= allowed in pirate ship pool and therapy pool, **Red**= allowed in pirate ship.
- Swim test will be held in the 8<sup>th</sup> lane of the competition pool where it is 5 ft deep and 25 meters long. After the swim test all 8 lap lanes are reserved for lap swimming only.
- Staff and Counselors of outside groups and organizations must supervise and be responsible for their participants at all times and be responsible for their group's behavior.
- For safety reasons Lifeguards have the authority to remove any campers who are constantly breaking the rules.

Signature\_\_\_\_\_

Date\_\_\_\_\_