

# INDOOR POOL RULES



To ensure your safety and the enjoyment of the pool, please follow these rules:

1. Lifeguard has full authority of the pool area; participants are not allowed in pool area unless a Lifeguard is present.
2. A cleansing shower is required before entering the water as mandated by State law.
3. Children 6th grade or younger must be supervised by a parent or guardian to use Lap Pool or Wading Pools.
4. Food, beverage and gum are not allowed in pool or pool area; glass or shatterable items are strictly prohibited.
5. All Band-Aids and bandages must be removed before entering the pool.
6. Any person showing evidence of any communicable skin disease, sore or inflamed eyes, cold, nasal or ear discharge, may not use the pools.
7. Appropriate swim wear is required for swimmers of all ages; cut-offs, t-shirts, or undergarments are not allowed as swim wear. Street shoes are not allowed on the pool deck.
8. Children who are not fully potty trained **MUST** wear swim diapers under their swimsuit, with a rubber/plastic diaper cover over their swim diaper; non-swimming specific diapers are not allowed in the water.
9. Changing clothes or diapers is not allowed on the pool deck; use the restrooms or locker rooms.
10. Alert the Lifeguard to serious health problems (epilepsy, heart, or respiratory conditions, etc.).
11. Only safe play is allowed on pool deck and in the pools; actions such as running on deck, diving in shallow end, jumping in wading pool, any jumping other than straight forward jumps in lap pool, climbing on or going over lane lines, using noodles in deep end, pushing, roughhousing, horseplay, inappropriate behavior, or spouting/spitting water is prohibited.
12. Profanity and disrespectful language will not be tolerated.
13. All signs and lane markers designating activities in each area/lane of the pool must be followed.
14. Use of any equipment must conform to the purpose of the equipment; any equipment not used safely, abused, or used in a way that interferes with the enjoyment of other swimmers, will be removed from the pool; only items provided by JCC may be used in the pool.
15. Any JCC property or equipment that is damaged or destroyed by intentional misuse by a member will be replaced and paid for by that member.
16. Flotation devices such as water wings, non-Coast Guard approved life jackets, or inflatable devices are prohibited; Coast Guard approved life jackets are allowed in the big pool, under supervision of parent/gaurdian and within arm's reach of the swimmer; noodles are only allowed at the shallow end.
17. Drugs and alcoholic beverages are prohibited; anyone under the influence of drugs or alcohol cannot use the pool.
18. Chairs may not be moved to places that block or obstruct pool access points or view of the Lifeguards of the pool.

Continual lack of adherence to the rules may result in further disciplinary action, including (but not limited to) membership termination.