

Parkshore Swim & Racquet Club

Pool Rules & Regulations

GENERAL SWIMMING POOL RULES

1. **Pool is open only when the lifeguard or manager is on duty.**
2. Admission to the pool shall be limited to members in good standing, their families and guests of their families. A member must accompany guests.
3. All persons using the pool (including guests) must register at the sign-in table upon entering the pool area. Members are to sign in their guests and pay the \$2.00 for each local guest entering the pool area. There is no fee for out-of-town guests.
4. Children ages 9 and under as well as non-swimmers must have adult supervision. Children using flotation devices must be supervised by parent or guardian within arm's reach.
5. Children ages 10 through 12 years old must have lifeguard approval to be left at the pool without adult supervision.
6. No socializing with the lifeguards while they are on duty.
7. The lifeguard is in complete charge of the pool area and has the authority to ask anyone to leave the pool if that person disobeys the safety rules, or if his conduct is detrimental to the common pleasure of the other members enjoying the pool. He/She also has the right to deny the use of the pool to anyone who repeatedly violates the rules.

Parkshore Pool Discipline Code

First offense – Sit out 5 minutes.

Second offense – Sit out 30 minutes.

Third offense – Sent from pool for the day. If a child's behavior warrants being sent home from the pool and parent is not present, the child is to sit out until the parent can come get him/her.

The lifeguard has the authority to go straight to Rule No. 3 if the offense warrants the child being immediately removed from the pool for the day.

SAFETY RULES

1. Obey all printed signs around the pool and deck area.
2. Diving: No Person shall dive in less than five (5) feet of water.
3. Starting blocks may be used only in scheduled practices, competitions, and instruction when supervised by a coach or instructor.
4. NO RUNNING ON THE POOL DECK.
5. No boisterous or rough play allowed in the pool or on the deck area.
6. Do not climb on lifeguard stands.
7. No chewing gum, bobby pins, hairpins, safety pins or other non-essential items will be allowed in the pool since such items are highly detrimental to the pool filtration system.
8. No glass objects or clear hard plastic cups are allowed in the pool area.
9. Air mattresses, swim fins, floats, and other accessories will be allowed in the pool only at the discretion of the lifeguard.
10. All accidents or injuries should be reported to the lifeguard at once. First Aid Kit is available in the Lifeguard Room.
11. No one is allowed in the Lifeguard Room except lifeguards, pool staff, and maintenance personnel.

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Diving Board Rules

1. Only one (1) person on the diving board at a time.
2. **Dive only from the end of the diving board, not the sides of the board.**
3. **Only diving or jumping is allowed from the diving board. No flips, handstands, or sitting on the diving board.**
4. **Two bounces allowed.**
5. **NO RUNNING on the diving board.**
6. **The diving area shall be cleared and checked before diving.**
7. **After diving, the swimmer shall immediately proceed to the side and exit the pool.**
8. **No horse playing on the diving board.**
9. **Any swimmer may have to demonstrate his/her swimming ability before entering deep water.**
10. **Swimmers wearing flotation devices are not allowed to use the diving board or swim in the deep end of the pool.**
11. **Non-swimmers are not permitted to dive or swim in the diving area.**
12. **No general swimming allowed in the diving area of the pool when the diving board is in use. The lifeguard must give permission to swimmers to play games such as Sharks & Minnows in the diving area.**

CLEANLINESS

1. All members are urged to help keep the pool area clean and orderly by putting all trash in the receptacles and recycling bins placed around the pool deck area. Please impress this upon your children.
2. No dogs or other pets allowed in the pool area.
3. No smoking allowed in the pool area.

HEALTH

1. ALL SWIMMERS MUST SHOWER BEFORE ENTERING THE POOL. A quick rinse of cold water is not adequate. Showering should include the use of soap and warm water.
2. Cryptosporidiosis is a very small parasite that causes diarrhea, stomach cramps, loss of appetite, nausea, vomiting and fever in infected people. In healthy people, the illness usually lasts about 10 days and resolves without treatment. This small parasite is spread from person to person by fecal-oral contamination. This parasite is resistant to the levels of chlorine usually found in swimming pools and drinking water. It is very small and is difficult to remove by filtration. In order to keep our pool water safe and clean from and illnesses; please follow this pool policy:
 3. Adults and children with diarrhea should not swim for at least 24 hours after the last episode.
 4. Children 3 & under (regardless of parents' belief that the child is potty trained) must wear pool diapers or plastic pants.
 5. Diapered children should be checked frequently for soiled diapers. Swim diapers and plastic pants do not adequately protect the pool from a soiled diaper. Soiled diapers should be changed immediately and the diaper area thoroughly washed before the child returns to the pool.
 6. Schedule frequent bathroom trips for toilet training and pre-school children.
 7. Children should never drink pool water.
 8. The pool will be evacuated and closed for at least 24 hours if a fecal accident occurs in the pool.
 9. Please notify the pool management if you or a family member develops a gastrointestinal illness that you think may have been related to a visit to the pool.