

Pool Rules

- 1) All patrons will shower before entering the pool.
- 2) Patrons wearing bandages, skin diseases or draining ears, or have a communicable disease are prohibited from entering the pool.
- 3) No swimming without a lifeguard on duty.
- 4) No food or drinks, except in the designated area. Glass containers are prohibited in the facility.
- 5) Smoking is not allowed within 25 feet of the entire pool facility, IAW the base smoking policy.
- 6) Children not toilet trained must wear a swim diaper to swim in the pool.
- 7) Only children 6 years of age and under are allowed in the splash pad. They must be supervised by an adult at all times.
- 8) Coast guard approved flotation devices only. (No inflatables ex. water wings, inner tubes, etc.)
- 9) No chicken play, throwing people/objects, sitting and or standing on shoulders/head is allowed.
- 10) No alcoholic beverages are allowed at the pool except as specifically approved for private parties with base commander permission.
- 11) Pets are NOT allowed in the pool enclosure or it's supporting areas.
- 12) Only one person at a time may use the waterslide, diving board, stairs, or ladder.
- 13) Parents or adult supervisors must be **in the water and within arms' reach** with children 4 years of age and younger or non-swimmers at all times.
- 14) Parents are also responsible for watching their children at all times in all areas of our facility including locker rooms.
- 15) The following actions are prohibited in the pool area:
 - a) Running on the pool deck
 - b) Running dives and running jumps
 - c) Flips or back dives
 - d) Inward dives, handstands, headstands, and/or cartwheels from the diving boards or the side of the pool
 - e) Hanging on the waterslide, diving board, or stairs The Pool Director and Lifeguards reserve the right to test any individual's swimming ability at any time. f.) Swimming in the diving areas
 - f) The use of profanity. Offenders will be asked to leave the swimming pool facility.

- g) No loitering and/or horseplay in the locker rooms at anytime. Anyone causing damage to the facility in any way will be held liable for damages.
- 16) Facemasks are not permitted in the swimming pool.
- 17) Safety equipment will be used for emergencies and training purposes only.
- 18) Lap lanes are for lap swimming and aqua therapy with or without equipment.
 - a) Children are allowed in lap lanes as long as they are following lap swimming rules.
- 19) Water aerobics equipment is for adults and water aerobics classes only.
- 20) Everyone is entitled to borrow our kickboards, noodles, pull buoys, life jackets, and instructional bubbles, as long as they follow the following rules:
 - a) No standing, kneeling or sitting on the kick boards.
 - b) No slapping the kick boards or noodles.
 - c) No multiple noodles or kick boards.
 - d) Pull buoys are for lap swimming only.
 - e) Fins are for swim lessons and swim team only.
- 21) No breath holding at any time.
- 22) No children age 14 and under are allowed in the deep end without passing a swim test.
 - a) Children are allowed in the deep end with a life jacket, bubble or noodle when accompanied by **a parent that is within arm's reach at all times.**
- 23) Child Supervision:
 - a) **Children 10 years old and under** must be accompanied and supervised by an adult 18 years old or older while in the facility.
 - b) **Children 11- 13 years old** may use the pool without direct supervision provided they can demonstrate the required swimming proficiency of swimming 40 meters with face in and arms out and tread water 1 minute all in deep water. Otherwise an adult 18 years old or older must directly supervise and accompany children 11-13 who do not pass the swim test.
 - c) **Children 14 years old and older with their ID** may use the pool without an escort.

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