



## **General Aquatic Center Rules**

All swimmers are asked to shower before entering the pool.

Proper swim wear must be worn in the pool. Street clothes are not acceptable.

Running is not allowed on the pool deck.

Roughhousing is not permitted in either pool.

As this is a family facility, PDA, foul language, and/or indecent swimwear will not be tolerated.

Children not fully potty-trained must be wearing a swim diaper. We have them available from the front desk for \$1.00.

Extended breath holding is not allowed, as it can cause shallow water blackouts.

Jumping in is allowed as long as it is being done in a safe manner. Jumps must take place from the side of the pool, without a running start. Jumps must be feet first.

Diving is only allowed in areas of the pool deeper than 5 feet, therefore, no dives are allowed in the leisure pool.

Dunking is not allowed.

Unwanted splashing of other members and guests is not allowed.

Children cannot be changed on the pool deck. Diaper and clothes changing needs to take place in the locker room. If you have children over the age of five that are of the opposite gender than the parent, the family locker room must be used.

## **Food/Drink**

Absolutely no glass containers of any kind allowed anywhere on the pool deck.

Food and drink may only be consumed in our designated snacking area.

Members and Guests are responsible for cleaning up their own food and drink.

## **Equipment**

Fitness equipment, such as pool noodles, weights, and kickboards are for adult and class use only. They are not to be used as a toy or with children. Pool noodles and toys may be used if brought from home.

Hard balls cannot be thrown in the pool or pool area. They will be confiscated if they continue to be used.

Water squirting toys may be used at the discretion of the pool staff. If they become an issue for other members or guests, the Five Points Staff reserves the right to refuse their use in the pool.

## **Lifeguard Interaction**

A lifeguard's job is to prevent and respond to aquatic emergencies. When possible, please do not talk to on-duty lifeguards. Direct questions to an off-duty lifeguard or the Supervisor or Head Guard on duty. If you do speak with an on-duty lifeguard briefly, they will maintain their scan, and listen while not making eye contact. Do not stand in front of the lifeguards and block their view.



## **Parent Supervision/Safety Policies**

Parents **MUST** be in the water, within arms-reach of their child for any child 5 and under.

For a singular parent with more than one child swimming, all children 5 and under must be wearing a floatation device, regardless of swimming ability. Infants and children being held in the parent's arms, do not need a floatation device.

Parents **MUST** be present on the pool deck for children 6 and 7.

*These safety policies are required by our facility as an added layer of drowning prevention.*

## **Competition Pool**

Lap lanes are for lap swimming only. Leisure swimmers must stay outside the lanes.

Lanes 1-3 are reserved for lap swimming, unless they are closed for a special event or swim meet. All lap lanes must be shared when called for. No private lanes are available. Members and Guests refusing to share a lane, will be asked to leave.

Members and guests may not hang or climb on the lane lines.

Children and Teens are permitted to lap swim during "adult only" swim times, as long as consistent lap swimming is taking place. Children under 13 must be accompanied by an adult at all times. If lap swimming is not taking place, children/teens will be asked to leave.

## **Diving Board**

Only one person is allowed on the board at a time. Swimmers waiting to use the board need to wait on the ground or the ladder, not the back of the diving board.

Double bounces and flips are not allowed. This is allowed during scheduled swim practices/meets with competitive divers.

The area surrounding the board must be clear before swimmers can enter the water.

## **Leisure Pool**

Members and guests are not permitted to sit, stand, or lean over on the half wall in the pool.

No children are allowed on the adult side of the leisure pool, except during swim lessons with Five Points Instructors.

Climbing or hanging on the play features is not allowed.

## **Basketball Hoop**

No hanging on the rim of the hoop.

The balls cannot be thrown at anything other than the hoop.

Guests must share the use of the hoop. If others are waiting to use it, a 15 minute limit will be enforced.