



## Pool Rules

- + No person may use the pool unless the lifeguards are on duty.
- + 1 long whistle means everyone must clear the pool.
- + All patrons must shower before entering the pool.
- + Swimmers 12 and under must be supervised by an adult or member 15 years or older.
- + All persons wishing to go in water past their chest must adhere to a water competency test. Persons unable to pass the water competency test must stay in water that is not over their chest.
- + Walk; don't run in and around the pool facility and restroom areas.
- + Diving is permitted only in the Diving Well. Please note signs around pool edges.
- + Pushing, horseplay, or any conduct that may endanger the welfare of yourself or other patrons is prohibited.
- + Children under 5 years of age or non-swimmers must be supervised by an adult or member 15 years or older who is in the water and within arms' reach of the child.
- + Only Coast Guard approved flotation devices will be permitted.
- + Pool equipment (kick boards, pull-buoys, swim fins, aqua belts, pool toys, etc.) will be permitted during instruction and lap swimming.
- + Masks and snorkels may ONLY be used by adult lap swimmers.
- + Only approved water toys are permitted in the pool area during Family Swim.
- + Proper swimming attire must be worn. No cut-off jeans or gym clothes. T-shirts are discouraged and will be allowed only at the manager's discretion; rash guards are permitted. Patrons with religious concerns regarding modesty may wear clean, covering garments that do not interfere with their safety in the water.
- + No loose clothing or dangling jewelry.
- + No changing on the pool deck. Please use the locker rooms.
- + Use of any device with camera capabilities is strictly prohibited in the locker rooms and bathrooms.
- + Swimmers not toilet-trained or who experience incontinence must wear swim diapers or rubber/ plastic pants under swimsuits. Cloth and disposable diapers are not acceptable.
- + Spitting, blowing of nose into the pool or onto deck, improper public displays of affection, and profanity are prohibited.
- + Drinks must be in a non-breakable plastic bottle with cap. Glass containers are prohibited on the pool deck.
- + No smoking, alcohol, or drug use allowed on pool property (pool deck, parking lot, tennis courts, ect).
- + Hanging on lane lines, safety ropes, or diving blocks is prohibited.
- + No furniture in the pool.
- + Persons with open sores, skin infections or wearing bandages are not permitted in the pool.
- + No long underwater breath holding or hyperventilation activities.
- + SwimRVA assumes no liability for the loss or theft of member's personal belongings. Items left in pool area at the end of the day will be placed in the pool's lost and found. Once a month items will be donated to charity.
- + The pool manager or lifeguard may close any portion of or the entire pool complex for any safety or maintenance reason.
- + The pool manager or lifeguard on duty has the authority to enforce these rules and to restrict any behavior deemed unsafe or inappropriate and may remove any patron who violates these rules from SwimRVA.



## Slide Rules

- + Life jackets, noodles, goggles, and all other flotation devices (including pool toys) are not allowed on the slide.
- + Please wait at the bottom of the steps until the pool area is clear.
- + Walk up the steps; do not push or pass others on the steps.
- + Only one rider at a time.
- + Before sliding, the previous rider must be clear of the pool area, and at the side of the pool.
- + All riders must be forward facing. A feet-first, sitting position must be used.
- + No head-first entries, or twists, while in the slide.
- + No running, pushing or other dangerous conduct in the slide area.
- + No catching sliders as they are entering the pool. All sliders must be able to exit the pool on their own.
- + No loose clothing or dangling jewelry.

**Children under the age of 12 must have their swimming skills evaluated by a lifeguard. Only swimmers who pass the water competency test are permitted access to the slide.**

## Diving Board Rules

- + Divers must pass a water competency test before being allowed to use the diving board.
- + Life jackets, noodles, goggles, and all other flotation devices (including pool toys) are not allowed on the diving board.
- + Please wait at the bottom of the steps until the diving area is clear.
- + Walk up the steps; do not push or pass others on the steps.
- + Only one diver at a time.
- + No walking back and forth on the board or unsafe hesitations.
- + Only one bounce allowed.
- + Before diving, the previous diver must be at the side of the pool.
- + Look before diving or jumping to ensure the diving area is clear.
- + All dives and jumps must be forward facing and away from the diving board.
- + Always jump straight out; no jumps angled toward the diving board, sides of the pool and no flips.
- + Divers must swim directly to the nearest ladder and exit the pool.
- + No running, pushing or other dangerous conduct in the diving board area.
- + Do not hang on the diving board.
- + The lifeguard has the authority to close down the diving boards or the diving area for any safety or maintenance reason.