

## SWIM RULES

The pool operator, pool manager and assistant manager are in charge of the pool. They have the authority to enforce all matters relating to rules, regulations, health, safety, and conduct. They may require any person failing to comply to leave the pool area. Pool employees must not be directly criticized or interfered with in their duties. Any complaints by members as to the operation of the pools should be made to the POOL MANAGER with NOTIFICATION to the Board of Directors.

### **POOL OPENS SATURDAY, MAY 24, AT 12:00 Noon.**

#### **LOWER POOL HOURS:**

12:00 Noon to 9:00 PM Daily

#### **UPPER POOL HOURS:**

When School is in Session		When School is not in Session	
Mon - Fri	1:00 PM to 3:00 PM 6:30 PM to 8:00 PM	Mon, Wed, Fri	1:00 PM to 8:00 PM
		Tues and Thurs	1:00 PM to 6:00 PM & 7:00 PM to 8:00 PM
		Friday	1:00 PM to 8:00 PM
Sat & Sun	1:00 PM to 7:00 PM	Sat & Sun	1:00 PM to 7:00 PM

#### **PRACTICE/LESSON HOURS:**

7:30 AM to 11:00 AM	Mon thru Fri - Swim Team practice
8:30 AM to 10:00 AM	Fri – Swim Team practice
6:00 PM to 7:00 PM	Tues & Thurs - Swim Team practice (upper pool)
11:00 AM to 12:00 Noon	Swim Lessons. Pools will be closed to anyone not involved in these lessons.
11:00 AM to 12:00 Noon	Dive Lessons
2:00 PM to 5:00 PM	Mon thru Fri - Dive Team practice after school is out.
3:30 pm to 6:30 PM	Mon thru Fri – Dive Team practice <b>before school ends</b>
5:30 PM	Saturday or Sunday (one board only) <b>before school ends if there is enough interest</b>

#### **ADMISSION TO THE POOL:**

- A. All members must have completed Emergency Care Cards on file at the pool in order to be admitted.
- B. A guest pass of 5 free admissions will be issued to each paid membership. **Guests must register at the desk and will be admitted when accompanied by a member.** Once the five free admissions have been used, the guest fee will be \$5 per day per guest. Special rates for small groups are available upon approval of the Board. Non-swimming adult guests and children 6 and under will be admitted free except for parties.
- C. House Guests: Members may purchase House Guest Cards entitling them to bring **bonafide house guests** to the pool for \$15 a person per week.
- D. Use of the pool is limited to those hours when it is properly protected and controlled. Closing of the pool due to inclement weather will be at the pool manager's discretion. Change in hours for swim and dive meets, adult parties, etc., will be posted.
- E. Swimming after 6:00 PM will be restricted to individuals 10 years of age or older, unless accompanied by an adult (18 years or older), provided they are fully qualified swimmers.
- F. Because of the depth of the water, adults (18 years and older) are cautioned to the use of the upper pool only if they are fully qualified swimmers. Non-adults unable to demonstrate satisfactory swimming capability to the pool manager will be asked to leave the upper pool.

**SWIMMING LESSONS: MEMBERS ONLY** Group instruction for beginning, intermediate and advanced swimmers will be offered. Each course will consist of ten (10) thirty (30) minute lessons. Basic Water Safety and Advanced Lifesaving will be offered. All courses will be taught by Red Cross certified instructors. Information and sign-up sheets will be posted at the pool. Consult the manager concerning private instruction.

**DIVING LESSONS: MEMBERS ONLY** Individual diving lessons will be available. Only the dive coaches will be allowed to give lessons.

### **HEALTH AND SAFETY:**

- A. All bathers must shower at the bath house before entering the pool.
- B. No glass containers, including baby bottles, are allowed in the pool area or in the bathhouse. The pool area, for purposes of these rules, is defined as the entire area inside of the fence.
- C. No running, pushing, wrestling, dunking, standing or sitting on shoulders, or causing undue disturbance in or around the pool area is permitted.
- D. No spouting of water or chewing of gum is permitted in the pool and the surrounding area.
- E. Food and drink may be consumed only in designated areas. No food, drink or trash is permitted on the concrete deck area or in the baby pool area.
- F. Smoking is not permitted on the property.
- G. Bandages are not to be worn in the water. Admission may be refused to anyone having an open sore, contagious ailment, inflamed eyes, nasal or ear discharge or excessive sunburn.

### **CHILDREN:**

- A. Lifeguards will NOT BE ON DUTY at the wading pool. Therefore, each child must be accompanied by a parent or a parent authorized guardian. **ONLY NON-SWIMMING CHILDREN 5 YEARS AND UNDER MAY USE THE WADING POOL.**
- B. Children who have not been fully toilet trained will wear appropriate type pants to prevent contamination of the pools. Parents are liable for applicable charges if the pool is required to be drained, cleaned, etc., due to contamination of the pool by their child.
- C. Children under 8 will not be allowed in the pool area without parent or authorized guardian of 18 or at least 16 with a note signed by a parent.
- D. Every hour there will be a 15 minute rest period during which all children under 13 (lower pool) and under 18 (upper pool) must leave the pool.
- E. Masks, fins and snorkels may be used for lap swimming only. (Goggles are generally acceptable)
- F. Balls are acceptable in the pools as long as their use (e.g. in games) does not disturb others.
- G. Non-swimmer children under 12 shall be kept within arms-length of an accompanying parent or guardian. Personal flotation devices for children may be used **only when the child is accompanied by an adult in the pool**. Rafts are permitted only during designated times.

### **DIVING AREA:**

- A. Only one person shall be on a diving board at one time (except for a dive coach assisting a diver during practice or a private lesson..)
- B. During recreational diving, persons must exit at the ladder in the dive well. During dive team practice or private instruction, persons may exit at the side or front of the dive well.
- C. Double or multiple bouncing on the diving boards is prohibited, except under the direction of the dive coach during practice or private instruction.
- D. Running off the board at any time is prohibited.
- E. Only persons who have shown the ability to swim will be permitted to use the diving boards.

- F. Floatation aids, goggles and face masks may not be used on the diving boards. Wet suit "smack jackets" may be used during dive practice or private instruction.
- G. Persons may not dive until the previous diver has reached the pool wall or ladder. Diving from the side of the board or toward the sidewall is prohibited.
- H. During recreational diving, diving from the deck into the dive well is prohibited unless permitted by the lifeguard.
- I. No one may wait in the water to catch children diving off the board.
- J. Throwing of any object to or from any person while in the act of diving or jumping off the board is prohibited.
- K. Standing on the diving board stand ladder while another person is on the board is prohibited.
- L. Only dive coaches hired and/or authorized by the dive team rep will be allowed to coach or teach diving. This includes private lessons. During dive lessons and team practices, the dive coaches and/or dive reps shall have responsibility over training activity in the dive well. Safety concerns and responsibility remain with the lifeguards. Any pool member having concerns about the dive team should be brought to the attention of the dive team representative, pool manager, and/or the Board of Directors.
- M. The dive coach(es) may close both boards for use by the dive team during practice and may close one board for private lessons.
- N. Please note that swim and dive coaches may conduct practices and lessons according to guidelines that may differ from general membership recreational swimming and diving guidelines.

#### **LAP SWIMMING:**

- A. After 6:00 PM lanes designated by lane markers shall be used **ONLY** for lap swimming in the lower pool.
- B. Lanes designated for lap swimming in the upper pool are reserved for persons 16 or older. Younger swimmers may use the lap lanes if they have permission of the manager on duty.

#### **GENERAL RULES AND REGULATIONS:**

- A. Speed limit on driveways and in the parking lot is 5 miles per hour.
- B. The cost of any property damage may be charged to the member responsible.
- C. Alcoholic beverages are not permitted on the Association premises unless approved by the Board of Directors for special functions.
- D. Bicycle riders will use the bike racks provided in parking areas. We urge the use of helmets.
- E. Refuse will be placed in trash containers.
- F. Chairs, lounges, tables, etc., shall always be used in the normal upright position.
- G. **LIABILITY:** All persons using the pool do so at their own risk. The Club will not be responsible for accidents or injury in connection with such use. The Club will not be responsible for loss or damage to personal property.
- H. Use of the clubhouse upper deck shall be for **ADULTS** only.
- I. **FLAGRANT VIOLATIONS OF THESE RULES WILL RESULT IN THE SUSPENSION OF CLUB PRIVILEGES.**
- J. These rules may be revised or additional rules established at any time by the Board of Directors. Changes or additions will be posted at the pool. The Fairfax County Code is incorporated within these rules.