



# *Pool Rules*

- Do not enter the water until the life guard is in position and gives permission to swim.
- Instructions by lifeguards are to be obeyed at all times
- No running, splashing, shoving, or dunking is allowed
- Lifeguards have the authority to punish those that do not follow the rule. \*1<sup>st</sup> offense warning, 2<sup>nd</sup> sitting out of pool by guard chair for 15 minutes, 3<sup>rd</sup> offense removal from pool
- No glass in the pool
- Flips are not permitted off side of pool
- Diving only in the deep end marked by the rope (no back dives)
- Pay attention to depth markers on side of pool
- Adult swims will be called periodically. Swimmers 16 or older are allowed to swim at these times at their own risk
- One person on ladders at a time
- Do not hang on rope at any time
- No one is allowed on the lifeguard stands
- Do not linger around lifeguard stands while guard is on duty
- Emergency equipment is to be used only by certified personnel