

## HIGH COUNTRY WEST RECREATION CLUB SWIMMING POOL RULES

1. When there is NO LIFEGUARD on duty, all children under 14 MUST be accompanied by an adult (18 or over), who will be responsible for their safety and behavior.
2. Lifeguard/club employees may restrict anyone for non-compliance of the pool rules, horseplay or failure to obey directions. Dangerous practices, as determined by guards, are prohibited at all times.
3. Patrons must not run on decks. Horseplay of any kind is forbidden in pool, on deck or in the locker rooms. Tossing swimmers or playing "chicken" is prohibited
4. Armfloats, swim goggles and Coast Guard approved lifejackets are Permitted.
5. No inflatable raft/rings, balls, frisbees, glass masks, snorkels, fins or kickboards allowed.
6. Distracting the attention of the lifeguard is dangerous and prohibited.
7. Do not hang on or swim over/under the lane lines.
8. Emergency exit signals must be observed. Swimmers must leave the pool area immediately upon the signal of any HCW personnel.
9. NO GLASS IN OR AROUND THE POOL AREA.
10. Swimmers may be required to pass a swim test before being allowed to swim in deep water.
11. Eating, drinking, smoking or chewing gum is prohibited in pool or area immediately adjacent to pool.
12. Swimmers must wear an appropriate swim suit. No cut off shorts allowed.
13. Showers are highly recommended to all pool users before entering pool area. Suntan oils and lotions must be removed prior to entering all pools.
14. Earphones must be used by those playing radios on deck.
15. Persons depositing foreign matter of any kind in the pool may be denied pool or Club privileges, and will be held liable for any expense incurred by the Association for any corrective action involved.
16. No diving in water less than 6 feet deep.
17. No flips from the side of the pool.

### DIVING AREA

1. No diving from pool side or ladders. Diving area used for diving board entries only.
2. No running takeoffs, inwards or reverse dives permitted.
3. Only one person on board or ladder at a time. Only one bounce. Dive straight off end.
4. Children with armfloats are not allowed to dive or be in diving area even when accompanied by an adult.
5. Waiting under the diving board for a child to jump is not permitted.

### WADING POOL

1. Wading pool is reserved for use by children 5 and under and must be accompanied by an adult (18 or over), who will be responsible for their safety. WADING POOL IS NOT UNDER SUPERVISION OF LIFEGUARDS. Inflatable rings/toys, and miscellaneous toys are permitted only when not crowded.
2. No diving, eating, drinking or smoking while in or around wading pool.

### SPA

1. Children under 14 must be accompanied (inside the fence) by an adult (18 or over), who will be responsible for their safety. SPA IS NOT UNDER SUPERVISION OF LIFEGUARDS.
2. Elderly persons, pregnant women, infants and those with health problems should consult a

- physician before using the Spa. Hot water immersion while under the influence of alcohol, drugs or medication may lead to serious consequences and is not recommended.
3. Absolutely no soap, oils or other foreign substances may be used in Spa.
  4. No eating, drinking, smoking or diving while using spa, or immediately adjacent to spa.

LAP LANES- Kickboards, fins, goggles, snorkels and masks permitted only in lap lanes by lap swimmers.

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These rules were developed for the overall safety of all our patrons, and we expect your compliance with all rules and instructions from the staff. If you should have a problem regarding the rules or instructions, avoid arguing with the guards - please see the manager, assistant or head guard.

We expect to have a great deal of pool use with many young inexperienced swimmers, and we want to make your stay as safe and enjoyable as possible.

PARENTS, please help us by:

- 1) Not allowing children under 14 to swim unattended if no guard is on duty.
- 2) Keeping close watch on toddlers. and young children. To let children roam freely is not safe. Guards cannot take their eyes off the water to watch children on the deck.
- 3) Do not allow children to bring prohibited items. Glass masks can break, snorkeling is not safe during a public swim session. People are easily kicked by a person wearing fins, or hit balls or) frisbees. Personal floatation device. are not reliable in keeping the wearer safe. **THEY DO NOT TAKE THE PLACE OF ADULT SUPERVISION.**
- 4) Because of poor visibility, the guards cannot monitor the wading pool or spa.

The diving board and diving area present their own unique dangers. For your safety, as well as others in the diving area, it is necessary for patrons to concentrate on their approach and dive or jump surefooted and complete their move safely.

During low attendance some of the rules may not seem appropriate, however, in order to maintain consistency between staff and patrons, the lifeguards are required to enforce the rules at all times.