

High Country West HOA
Full Listing of Pool Rules

Revised September 2019

GENERAL RULES

- Use restroom and shower before all water entry. Showers mandatory if coming directly from ocean swimming
- Plastic pants & swim diapers (both) are REQUIRED for non-potty trained kids, see office to purchase
- NO GLASS CONTAINERS - no smoking - no gum – no water balloons in any pool / spa / deck areas
- Food stuff contaminates water. Keep food/drink at table areas; not permitted at sides/steps of pools. *Exception is drinks only may be consumed while using spa*
- Members are expected to return furniture & clean areas used prior to leaving; see staff if supplies needed
- Cameras (not monitored) located in club areas are for addressing vandalism only, after the fact. Take steps to keep your personal property safe
- Foul language or music will not be tolerated within the facility
 - A low volume speaker is permitted, “clean” music only, subject to being turned off. Headphones recommended
- Appropriate swimwear for a family facility must be worn; thongs & street clothes not permitted
- Notify staff of vomit/fecal (poop) accidents immediately
- First aid supplies- see office staff
- Pool toys are subject to guard removal. Hard type toys are not permitted such as ocean boogie boards, frisbees, footballs, tennis balls, water polo balls...Noodles and kickboards are permitted. **Blow up & Styrofoam style floats are NOT permitted.**
- **The use of mermaid tails or toys where feet movement is restricted are not permitted.** Regular swim fins (2) can be used with adult supervision
- Reserved parties with pool use are to use the off deck reserved area for food and drink consumption; the pool deck area used for swim activities only
- Persons depositing foreign matter of any kind (including shampoos/soap) in the pools or on deck areas will be denied Club privileges, and will be held liable for any expense incurred by the Association for cleanup actions involved
- No patio furniture allowed in any water
- Patrons must stay off all lifeguard equipment & pool cover racks. Do not play with lifesaving equipment on deck areas. Follow all signage for areas or equipment that are CLOSED for use

DECK & SAFETY RULES

- With NO LIFEGUARD ON DUTY; all children under 14 must be accompanied by an adult to swim
- When lifeguards are on duty (summer) all children under 10 must be accompanied by an adult to swim
 - With guards on duty children ten & older must be strong swimmers to be at pool without adult supervision
- All persons using pools and spa do so at own risk. It is recommended that you do not swim alone
- An adult (18+) must be at pool edge or in the water supervising children that cannot swim or are not strong swimmers
- State law requires an adult to remain inside the spa area, on the kiddy pool deck, or at main pool deck when children under 14 years old are using these individual water areas
- Arm-floats, Coast Guard approved lifejackets, & infant floats with a bottom seat are permitted with adult supervision. Inflatable “donut” style rings are not an approved life vest and are not allowed
- READ & FOLLOW ALL SIGNAGE POSTED THROUGHOUT THE DECK AREAS. FOLLOW STAFF DIRECTIONS
- Lifeguard / Club Staff may restrict anyone for disobeying pool rules or failure to obey directions
Dangerous practices, as determined by staff are prohibited at all times

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DECK & SAFETY RULES CONTINUED

- Emergency pool evacuation orders must be observed, exiting pool areas immediately upon the signal of any HCW staff
- Advise any staff person of unsafe conditions or of any other concerns that arise
- “Breath holding” games are dangerous and not permitted at any time
- Lap lane ropes; DO NOT play with, hang on, or swim over the lane line ropes
- **LAP LANES are not to be entered when in use by lap swimmers.** Do not enter lanes, WALK AROUND
- The American Red Cross recommends no diving in water less than 9 ft. deep. Use deep end of pool for diving. No flips from the side of the pool
- Running on decks, horseplay, chicken play, throwing people & spitting is forbidden in the pool, on deck, or in locker rooms
- DIVING AREA_– see section below
- Swimmers may be required to pass a swim test to enter deeper water areas when guards on duty

DIVING AREA

- ◆ Only one person on board or ladder at a time. Board has a 250 LB. weight limit for one person
- ◆ No running takeoffs → No running to get on to the board. Regular dives and backflips are okay
- ◆ **NO Reverse Dives, Inwards, Gainers, or Half Gainers are permitted, see below**
 - **Reverse Dive** any dive in which a person leaves the board facing the water, then rotates in the air to enter the water facing the board
 - **Inward Dive** person back to water, takes off, rotates towards the board
 - **Full Gainer** person leaves the board facing forward and completes a full backward somersault to enter the water feet first with his back to the diving board
 - **Half Gainer-** dive in which the person completes a half backward somersault to enter the water headfirst facing the diving board
- ◆ Only one bounce. Dive / jump straight off the end. Exit by way of pool ladders
- ◆ Keep area where dives/jumps are performed clear of people
- ◆ Swimmers using diving board must be able to swim to the ladder alone, unaided
- ◆ Swimming under, “waiting” under the diving board, or holding on to board in any way is not permitted
- ◆ **NO children with life vests or arm floats may use this area unless a parent is with the children at the board area and are training them to use the board**
 - Parents may work with young children using board only when area is not crowded
- ◆ READ AND FOLLOW ALL SIGNAGE POSTED ON DECK AT DIVE AREA

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KIDDY POOL

- ◆ Kiddy pool is intended for use by young children and those who cannot swim or are not strong swimmers
- ◆ An adult, 18 or over must be in attendance on the kiddy deck area supervising when children under 14 are using this pool (State Law)
- ◆ The kiddy pool is NOT under lifeguard supervision. NO Lifeguards are on duty for the kiddy pool
- ◆ Plastic pants are required for all children in diapers, even over swim diapers, see office
- ◆ Notify staff of vomit/poop accidents →Parents notify staff if your child has soiled a diaper in a pool
- ◆ NO jumping or diving into the wading pool
- ◆ The kiddy pool is heated to 86-91°F degrees and available for young children so they are not exposed to high temps of the spa
- ◆ No eating or drinking while in the kiddy pool or at pool edge. Food contaminates the water. Snacks/ drinks are at tables only
- ◆ All pool area rules apply to kiddy pool area.
- ◆ READ AND FOLLOW ALL SIGNAGE POSTED ON DECK AT KIDDY POOL AREA

SPA / HOT TUB

- ◆ The Spa is generally recognized as a therapeutic and relaxing place for adults
- ◆ Use of spa by children under 5 years of age is not recommended due to the high water temperatures in use
 - The kiddy pool is heated and available for young children so they are not exposed to high temps of the spa
 - Toys and flotation devices are not allowed in the spa
 - State Law requires an adult (18) be inside the fenced deck area when children under 14 are using the spa
- ◆ The spa is NOT under lifeguard supervision. NO Lifeguards are on duty for spa
- ◆ Persons should not use spa alone
- ◆ Absolutely no soap, oils or other foreign substances may be used in spa. No shaving
- ◆ NO jumping or diving into the spa
- ◆ Beverages only may be consumed (NO GLASS) while using spa
- ◆ Food is NOT permitted while using spa or in spa enclosure
- ◆ All pool area rules apply to spa area
- ◆ READ AND FOLLOW ALL SIGNAGE POSTED ON DECK AT SPA AREA