

## Blue Mountain Recreation Commission

### POOL RULES

The Blue Mt. Recreation Commission in coordination with the Centers for Disease Control is promoting a Healthy Swimming Program for the Pool. These Healthy Swimming Behaviors are needed to protect you and your children from recreational water illnesses and will help stop germs from getting into the pool in the first place.

Here are six P-L-E-As that promote Healthy Swimming:

1. PLEASE don't swim when you have diarrhea.
2. PLEASE don't swallow the pool water.
3. PLEASE practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or after changing diapers.
4. PLEASE take your children on bathroom breaks or check diapers often.
5. PLEASE change diapers in a bathroom and not at pool side.
6. PLEASE wash your child thoroughly (especially the rear end) with soap and water before swimming.

You share the water with everyone in the pool.

With your help, we can help prevent the spread of illnesses at the pools.

**Think Healthy**

**Be Healthy**

**Swim Healthy!**

1. All patrons must sign in or present membership card before entering the pool area.
2. The pool will not be utilized unless there is a qualified, approved lifeguard in the chair at all times.
3. All patrons must take a shower prior to entering the pool.
4. Only approved swim wear will be worn in the pool. No street clothes or cut-offs allowed. Only light colored (white, pastel) T-shirts may be worn over swim suits. Lifeguards only, have the jurisdiction to approve swim wear.
5. When patrons are using the pool area, they must remain there and not wander through the building (other than the locker room area).
6. No child under the age of 10 years will be allowed in the pool area during open swim periods unless accompanied by an adult or responsible older sibling, or is at least a certified Red Cross Level 5 Swimmer.
7. Loitering or horseplay of any type will not be permitted in the locker room areas. Anyone caught loitering in the locker room or bathhouse areas is subject to disciplinary action.
8. Parents/guardians are responsible for the direct supervision of pre-school children under their care at all times.
9. No person with a fever, cold, cough, inflamed eyes, skin diseases, mouth, nose, or ear discharges, or wearing a bandage (or Band Aid) is allowed to use the pool.
10. Personal phone calls for patrons or paging of patrons will be granted only in a case of emergency. Persons caught abusing this service will receive an automatic suspension of pool privileges.
11. The pool staff will not be responsible for lost items. Persons bringing valuables do so at their own risk.
12. No items may be hung on any pool fixture unless placed there by pool personnel.
13. No running or horseplay in pool, pool area, or buildings.
14. Barrettes or hair clips or pins of any kind are not permitted in the pool.
15. No food or beverages are permitted in the pool, pool area or locker room/changing facilities

Pool rules, cont.

16. NO GLASS containers of any kind are permitted in any part of the facility.
17. Running, pushing, ball playing, profane language, disrobing, unsanitary action, property damage, towel snapping or any behavior causing annoyance is prohibited.
18. No tubes, face masks, snorkels, rafts, swimming aids, baby seats, balls or frisbees are allowed in the pool or pool area. Lifeguard have jurisdiction to relax this rule on certain days or times as determined by the number of patrons in attendance.
19. No games of any kind are permitted in the diving area.
20. Only one (1) person is allowed on each diving board at a time. Diving is permitted from the front end of the board only. Diving off the wall is not permitted in the shallow areas of the pool. Back and/or inward dives are not permitted off the wall.
21. Prior to diving, insure that the diving area is clear of swimmers. After diving, swim to the closest side of the pool.
22. NO pets allowed within the pool area.
23. Do not talk to lifeguards except in case of emergency. Do not climb on the life guard chair. Do not splash lifeguards.
24. The pool staff is not responsible for the transportation of children or other patrons to their homes.
25. IN case of emergency, notify the nearest lifeguard and follow his/her instructions.
26. In case of accident or injury, even if it is small, report it immediately to a lifeguard.
27. Consumption or possession alcoholic beverages on pool property (parking lots included) is subject to permanent expulsion from all Recreation functions.
28. All infants and toddlers and any other incontinent person must wear a disposable swim diaper AND either plastic pants or a swim diaper cover with tight fitting legs.
29. Any other rules necessary for the safety or control at the pool may be made by the lifeguards with the consent of the Blue Mountain Recreation Commission staff.
30. In the event a person refused to follow the instructions of a guard or recreation employee in a disciplinary matter, said person will be subject to suspension of their recreation privileges.

**PLEASE NOTE:**

The following Swim Aids are the ONLY swim aids allowed for use at Blue Mountain Recreation Commission operated pools: ***COAST GUARD APPROVED LIFE JACKETS***  
These may be used in the shallow water only. Person 7 & younger using swim aide must be one-on-one with a responsible adult in the water.

ADDITIONAL RULES FOR MIDDLE SCHOOL POOL ONLY:

31. No street shoes will be worn in the shower or bathing area.
32. Lap lanes are to be used for swimming laps only.
33. The diving blocks are off limits to all patrons during open swim periods.
34. There is no smoking on school district property.

**VIOLATION OF ANY OF THESE POOL RULES WILL RESULT IN PATRON BEING SUBJECT TO RECALL OF POOL PRIVILEGES AT THE RECREATION STAFF'S DISCRETION !!**