

Pool Rules & Regulations

1. All persons entering the pool area are required to sign in.
2. Street shoes are not allowed on the pool deck of Villaggio and Post Pools.
3. All patrons must take a shower before entering the pool.
4. Strollers are not permitted on the deck of Post and Villaggio Pools.
5. Children under the age of 12 years are required to be accompanied/supervised by a parent or guardian (16 years or older) at all times.
6. Children under the age of 12 years need to take a swim test before being allowed in the deep end. Test is ability to swim 25 meters without stopping and demonstrating legs and arms action that is relatively coordinated.
7. Personal floatation devices (PFD) meeting the U.S. Coast Guard specifications are allowed. Final discretion is to be determined by Head/Lead lifeguard.
 - a. Noodles are allowed
 - b. No other personal floatation device are permitted
 - c. Adult and children who are wearing personal floatation devices (PFD) must stay in the shallow end.
 - d. Kicks boards and fins are use for lap swimming and swim lessons unless swimmer has their own fins.
 - e. Children under 6 using floatation devices will not be left unattended. Parent or guardian will closely supervise them within arms length. Stay in shallow water.
8. Each hour there will be a mandatory 10 minutes break for everyone in the pool or 15 minutes during heavy usage. The lifeguards will announce the pool break.
9. Food and candy are permitted in designated area not on pool deck.
10. Beverages are permitted but must be in a plastic container no other beverages container permitted
11. No smoking.
12. No diving will be allowed in the shallow area.
13. No running on the pool deck.
14. Patrons are asked to leave the water 10 minutes prior to the posted closing time.
15. Pool staff is required to review and change any situation that may jeopardize the safety of persons in the facility.
 - a. No flips
 - b. Back jumps or back dives
 - c. Pushing and Dunking
 - d. Horseplay that is unsafe.

Pool management has the right to refuse admittance to or eject from the pool area any patron of failing to follow the pool rules and regulations.



Lap and Circle Swimming Etiquette



During crowded times, circle swimming is recommended. Here are some tips and suggestions to make the most of the space available.

A. When entering the water, be sure to ease into a crowded lane.

B. Swimmers of similar speed should swim in the same lane.

- **Observe the pool for a few minutes to be sure you are picking the correct lane.**
- **Generally, outside lanes are the slower lanes. Middle lanes are for faster swimmers.**

C. Stay to the right in the lane, just like when you drive on a road.

D. To pass other swimmers:

- **Tap the other swimmer in front of you on the foot to signify that you plan to pass.**
- **The wall is the best place to pass.**
- **If you do pass mid-lane, only pass between flags and pass to the inside of middle.**

E. When you need to rest:

- **When resting, stay to the right of the lane and avoid the other swimmers in the lane.**
- **Avoid stopping in the middle of the lane.**

F. Working your way into a lane:

- **Up to eight people can fit in a lane when proper etiquette is followed.**
- **Try to be diplomatic if making a suggestion to another swimmer.**
- **Lifeguards **ONLY** intercede when there appears to be a safety concern or a situation can't be solved between swimmers.**