

Pool Rules

(15) AQUATICS

During water aerobics, swim practice, etc., lap lanes will be limited. When a water aerobics class numbers are 20 participants or under, 3 lap lanes will be made available for lap swimming. *(Please see pool schedule)*

Lifeguards have the obligation and authority to enforce all club policies and rules.

All effort will be made to maintain the indoor pool temperature between 82 and 83 degrees Fahrenheit. The whirlpool temperature will be maintained between 102 and 104 degrees Fahrenheit.

Aquatic Rules:

Midlothian Athletics Club Aquatics Department mission:

"Our mission is to maintain a safe, enjoyable, and clean environment for all."

The following rules will significantly reduce the potential for injuries that could lead to life threatening situations and liability, while still maintaining a safe and enjoyable experience for all!

- All patrons must rinse off prior to entering the water.
- All swimmers 9 years old and up not supervised by an adult must be able to swim one length (25 yards), float on their back , and tread water for at least 60 seconds.
- During water aerobics, no children are allowed to congregate around the stairs entering the pool.
- Diving masks, fins, and snorkels are allowed in the pool and are for lap swimming only.
- Adults have the priority for lap swimming from 5 PM to close, Monday through Friday and on weekends (with exceptions for Aquatic programs and aqua aerobics).
- Intoxication of a patron will cause immediate removal from facility and suspension of membership.
- Adult members have priority use of the pool, deck, and pool furniture.

Lifeguards may clear the pool area when conditions exist that threaten the safety of the patrons.

In the summertime, children under 16 are not permitted in the indoor pool during aqua aerobics unless they are participating in a swimming lesson/clinic.

- No swimming without a lifeguard on duty.
- No glass containers, food, drink, gum or smoking allowed in pool or shower area.
- No diving anywhere in pools unless participant is in a supervised program. (Example: Swim Team, Masters, Clinics etc.)
- Kickboards and pull buoys are for instructional use and lap swimmers only. Mask, fins and snorkels may be used by lap swimmers only.
- **Only** US Coast Guard approved flotation devices are allowed in either pool as a flotation lifesaving device.
- All outside groups will be deep water tested and "tagged" appropriately.

Whirlpool Rules:

The whirlpool is to be used for relaxation and therapy and is not to be used for recreational swim.

Prolonged use of the whirlpool may result in overheating the body. The recommended maximum time limit is fifteen minutes.

Lifeguards may deny the use of the whirlpool to any individual who appears to be under the influence of alcohol or drugs.

Children under the age of 16 are restricted from using the whirlpool.

Weather Conditions:

When thunder is heard or lightning is seen, the entire aquatics area should be closed immediately. Lightening thunder etc. (30 minutes for each seen or heard incident by Aquatic Staff on Duty) After a 30 minute break from any thunder and or lighting at that time, the area may be reopened.

Indoor and Outdoor Pool Rules:

1. No food or coolers are allowed to be brought into the pool area.
2. Adults (18 and older) have priority to pool furniture.
3. Proper bathing attire required (no gym shorts, cut-offs).
4. Children under 8 are not allowed in the pool unless they're under the supervision of an adult (18 and older).
5. No arm floaties (Must be Coast Guard Certified/ approved)
6. No flotation items (noodles, rafts, etc.) are allowed in the pool area. Except for special events.
7. Recreational equipment (water guns, toys, etc.) is not allowed in the pool.
8. No glass of any kind is allowed in pool area or shower area.
9. No alcoholic beverages allowed in the indoor pool area.
10. Running, pushing, and rough play is not permitted.
11. No hanging on the lane lines.
12. NO Diving ANYWHERE in the pool area unless participating in an aquatics program supervised. (Example: Swim team, Clinics, Lessons). Midlothian Athletic Club assumes no responsibility for injuries resulting from diving into the pool.
13. An adult swim/" Child rest" time will occur each hour approximately 50 minutes past the hour. Adults 16 and over are only allowed in the lap pool during this time. Lap pool with lane lines is to be used for swimming only.
14. Proper attire is required when coming from the pool into the club. NO wet attire. Shoes, shirts, and pants are required inside the club.
15. NO GUM is allowed in the pool area.

Lap Swimming:

1. Lap swimmers have priority in designated lap lanes.
2. Lap swimming lanes are not to be crossed by other swimmers.
3. Two or more swimmers may share a lane comfortably, providing each swimmer communicates with the other swimmer and follows his/her path of swim.
4. Lap swimming should be done either by circle swimming, in which 2 or more swimmers stay to the right of the lane at all times. Side by side swimming may be used also as long as each swimmer stays on one side of the lane.

Slide Rules:

1. Children must be at least 32 inches and can pass the swim test (see above).
2. Going head first down the slide is NOT permitted.
3. Do not go down the slide until the person in front of you has exited the water. You must follow Lifeguards/ Slide attendant instructions.
4. Exit immediately after entering the water from the slide. Parent must be out of the water well area.
5. Pushing, horseplay, etc. is NOT tolerated around the slide area.
6. NO cutting underneath or through the slide tower structure.
7. When going down the slides, cross your arms across your chest and cross ankles.
8. Shorts with grommets will not be permitted on the slide.
9. No accessories permitted going down the slide (including but not limited to: goggles, snorkels, jewelry)
10. Only one person down the slide at a time.

Baby Pool Rules:

1. Children over the age of 4 are not permitted in the baby pool.
2. Parental supervision of children is required.
3. No disposable diapers are allowed in the baby pool. Swimming diapers are permitted.

AQUATIC GUIDELINES RELATED TO CHILDREN

- All children **under the age of 6** must be supervised by a **parent or guardian who is in the water with them.**
- All children **under the age of 9** must have a **parent or guardian on the pool deck.**
- All children **under the age of 13** must have a **parent or guardian in the facility.**

ANY CHILD who cannot swim the length of the pool unassisted must have a parent or guardian in the water with them regardless of the child's age.

DIAPER POLICY

All children 3 years of age and younger MUST wear "Little Swimmers" AND tightly fitting rubber pants or briefs.