



## **CRC Pool Rules-updated July 2024**

Pool rules are designed to ensure the safety and enjoyment of our members and their guests. Your cooperation is greatly appreciated.

### **General Pool Rules**

- Guests must obey all pool rules and follow the directions of lifeguards and staff at all times.
- Guests must be at least 48" tall to ride the large slide and less than 48" tall to use the play structure. Adults may accompany small children within the play structure but should not go down the slide.
- No diving.
- No running on the pool deck.
- No dunking, sitting or standing on shoulders, rough play, or throwing objects.
- Infants and children under 4 years of age must have a parent or guardian in the water and within arm's reach of the child while they are in the water.
- Infants and children under 4 years of age must wear 3 layers (swim diaper, diaper cover and swimsuit) always in the pool or play area.
- Children under the age of 10 must always be accompanied by a parent or guardian.
- Children 10-11 years can be in the pool area alone if a parent or guardian is somewhere in the facility.
- Children 12 years and older can be in the pool area alone and a parent or guardian does not need to be in the facility.
- No coaching or teaching private lessons allowed.
- All swimmers must wear proper swimwear. Cotton is not allowed.
- No food, drink, glass, cans, or ice chests are allowed in the pool area. Food and beverages can be enjoyed on the outdoor patio.
- Portable music players and other electronic devices may only be used with headphones.
- No water toys or other floating objects permitted in the water.
- Pool noodles and aqua fitness dumbbells are strictly for aqua fitness.
- Kick boards and buoys are only allowed in lap lanes and not to be used as a flotation device or as a toy.
- Snorkels/Face Mask are allowed in the pool but are not allowed on the large slide.
- Only US Coast Guard approved lifejackets are allowed in the pool. Lifejackets are available to borrow at no charge.
- 5-minute bathroom breaks are at the discretion of the lifeguards. In order to maintain pool cleanliness and safety, lifeguards may call for a 5-minute break during busier days.

### **Aqua Fitness and Lap Swimming Rules**

- The lap lanes are designated for exercise, including swimming, Aqua Fitness, and Aqua Aerobics as long as guests are making forward progress. Playing is prohibited.
  - Stationary exercise should be done in the space adjacent to the lap lanes.
- Kick boards and buoys are only allowed in lap lanes and not to be used as a flotation device or as a toy.
- Please refrain from excessive conversation during aqua fitness class times; it is distracting and inconsiderate to other members and instructors.
- Lanes are designed to be shared.
- To notify your arrival to a swimmer already in a lane, sit on the edge of the pool in the lane you wish to enter. Wait until your presence is known before entering, and discuss and agree on the swim pattern.
- A circle pattern will be used for lap swimming. Always swim in a counter-clockwise direction (down on the right side back on the right side, like driving). If the person you are swimming with is much faster than you, consider splitting the lane or moving to a slower lane.
- Be courteous to other swimmers. Always yield to faster swimmers by stopping at the end of the pool and letting faster swimmers pass.
- Maintain a reasonable distance between swimmers. If you are swimming much faster than the other people in the lane, a gentle touch on the foot of the swimmer in front will let them know you are behind them, they can then stop at the end to let you pass.
- Please refrain from excessive conversation on the wall.
- Please do not cross the lap lanes to get to and from the play structure.
- Children under the age of 10 must pass a swim test to swim laps in the lap lanes and must be accompanied by an adult.
  - A successful swim test is one complete lap of freestyle and 30 second tread or a 30 second back float.

Pool rules are subject to change. Have fun and use the pool safely at your own risk.