

Pool/Deck/Spa Rules

SWIMMING POOL AND AREA

1. Children under 14 years of age are allowed in the water only if a parent or adult guardian is present in the immediate pool deck area (even when a lifeguard is on duty).
2. Parents are responsible for making sure their children and guests follow pool rules. Lifeguards are present for pool safety, not to baby-sit.
3. You must shower before using pools, sauna, steam room, or spa.
(California State Law)
4. Members or guests who break rules or do not respond to lifeguard or staff instructions will have to sit on the bench for 15 minutes for a time out. If children refuse to co-operate or cause problems with staff they may be asked to leave the club, resulting in a temporary club suspension. Parents may be called to pick children up and a letter will be sent to inform the adult member of their behavior. Please teach your children the rules. This applies to all areas of the club.
5. No running. Mats are to slow you down. Please watch your step.
6. Lap lanes are for serious lap swimmers only. If all lap lanes are full you may ask another member to share their lane and circle swim, or you may ask the lifeguard or office staff to assist you in finding a lane.
7. Do not sit, hang on, or swim over the lane lines, they break easily.
8. No diving or flips are allowed. You must enter the water feet first, facing forward.
9. No pushing, shoving, dunking, throwing individuals in the air, sitting or standing on someone's shoulders, horseplay or games that endanger or bother other swimmers.
10. Games with balls must be non-violent and must be confined to the recreation section of the big pool, (closest to the office) and the deep end of the small pool.
11. No footballs, hard projectiles, or tennis balls are allowed in the pool.
12. Water guns, water balloons, and torpedoes are not allowed. If you plan on bringing other pool devices or toys, please check with the management ahead of time.
13. Flotation devices are not allowed during busy times. You may use flotation devices when the pools are not busy at the discretion of the lifeguard or manager.
14. Water wings or small flotation devices must be directly supervised (in the water) by a parent or adult guardian. These devices are not life preservers.
15. Water polo is allowed only under certain circumstances (check with lifeguard or manager).
16. Backstroke flags are not to be pulled on or played with.

17. Kickboards are loaned out to adult lap swimmers or serious young lap swimmers in lap lanes only. Please return any checked out equipment to the office as soon as you are finished.
18. Swim diapers are mandatory for children who are not potty-trained. (California State Law) Any Accidental Fecal Release (AFR) must be reported immediately to prevent potential spreading of diseases.
19. Playing on or around pool ladders or steps is not allowed.
20. Loitering or diving off pool ladders or steps is not allowed.
21. Playing on or around the large grey pipe going in to the big pool is not allowed.

SPA, STEAM ROOM, SAUNAS

1. Drink plenty of water before use to prevent dehydration and overheating.
2. Children under 16 are not allowed (even with a parent).
3. Do not use if under the influence of drugs, alcohol, or medication.
4. Food or drinks in or around spa is prohibited.
5. Prolonged use is not recommended.
6. Pregnant women must consult a physician before using.
7. Over-crowding of the spa is not allowed. (8 people max, or manager's discretion)
8. Tampering with the controls in the steam room is not allowed.
9. Please do not sit on or block the intake or skimmer in the Spa/ Hot tub. This will cause the system to shut down.
10. Use at your own risk.