



Pool Rules & Regulations

Effective May 2011

In order to provide a quality experience for all pool users, the Aquatics Staff retains the authority to enforce the following rules and regulations.

- When no lifeguard is on duty, swim at your own risk. See rules for kids at the pool below.
- Glass containers are prohibited in the pool areas
- Food is not permitted in the indoor pool area and must be kept a minimum of 10 feet from the water's edge in the outdoor pool area (*all* food prohibited in the indoor pool area, including Cheerios, crackers, etc.)
- Pool furniture is to be kept a minimum of 10 feet from the water's edge
- No running, diving, flips from side of pool, hanging on lane lines, or climbing on waterfall walls
- Equipment that has been used in open water, such as wetsuits, snorkels and fins, are prohibited
- Inflatable rafts and other inflatable devices are prohibited. Squirt guns and balls are not allowed in the indoor pools
- Shower before entering pools, hot tub, steam or sauna
- Proper swimwear required. No street clothes, undergarments, exercise clothing, etc.
- Children 4 years and younger, as well as those recently potty trained, are required to wear a washable swim diaper with elastic leg bands. *Swim diapers are available for purchase at the front desk.
- Diapers should be changed in the locker room only
- Do not swim if you have an open wound, rash, or other irritation
- Band-aids are highly discourage. Products such as New Skin and Skin Shield are recommended.
- Priority use of lap lanes and the warm water exercise pool is given to Lakeshore programs. When these programs are not in session, exercising adults are given priority use of lap lanes. One indoor lap lane will always be available for member swimming.

Water Slide

- All riders must be at least 42 inches tall
- Only one rider allowed at a time
- Catching a rider at the base of the slide prohibited; all riders must be capable of exiting the slide area on their own

- All riders must travel down the slide feet first on their back
- Floatation devices are prohibited on the slide, including swimsuits with built-in flotation
- Unless a slide attendant is on duty, riders must line up at the bottom of the stairs. When one rider exits the slide, the next person in line may proceed up the stairs.

Kids at the Pool

- Swimmers under 10 years of age must be accompanied by a supervising adult
- When no lifeguard is on duty, SWIMMERS UNDER 14 YEARS OF AGE MUST BE ACCOMPANIED BY A SUPERVISING ADULT
- Swimmers ages 10 to 14 who have passed a lifeguard-administered swim test may be signed in with the lifeguard staff and issued a wristband for the day. The child must stay in the pool area and their guardian must remain on LAC premises.
- Swimmers ages 10 to 14 who have not passed a lifeguard-administered swim test are required to have a supervising adult present