



## Lakeshore Athletic Club's Pool Rules~ Effective May 2010

### General Aquatics Facility Rules

- The Lakeshore Aquatics Staff is responsible for keeping the facilities clean, safe and sanitary for our members.
- When no lifeguard is on duty, the use of all aquatics facilities is at your own risk. 'Buddy-up' - members are advised against swimming alone.
- When no lifeguard is on duty, swimmers under 14 years of age **MUST** be accompanied by a supervising adult. An adult is defined as anyone 18 years or older. Your child's safety is your responsibility at all times. Indoor pools have no shallow areas for non-swimmers.
- Glass containers are strictly prohibited in all of the pool areas.
- **No food is permitted in the indoor pool area.** Outdoors, food is to be kept a minimum of 10 feet away from the water's edge.
- All LAC equipment is to be used in the manner in which it was designed. (Kickboards, etc.)
- Pool furniture is to be kept a minimum of 10 feet from the water's edge in the outdoor pool area and next to the walls in the indoor pool area.
- No running.
- No diving & no flips. Swimmers must enter the water feet-first instead of a dive.
- No hanging on the ropes or lap lanes.
- The usage of all toys and equipment is subject to Aquatics staff approval. Inflatable rafts and other devices are prohibited. Large, hard plastic, "super-soaker" water guns are also prohibited.
- No climbing on the pools' rock walls. **No climbing on the pools' rock walls!**
- Equipment, clothing, toys or gear that has been used in open water (lakes, ponds, ocean, rivers) is prohibited. This includes but is not limited to: wetsuits, snorkels, fins, scuba, etc. (This causes lengthy pool closures to clean and disinfect from contamination from black algae or other micro-organisms.)

### Hygiene (It takes a community to keep a pool healthy!)

**Parents-we know your youngsters are proud of their "big boy & big girl" status earned by potty training. However, they are more than likely to have accidents, and you do not want to be the family that shuts the pool down due to one of these 'brown out' accidents. The swim diapers can also be referred to as swimming underwear and may be worn under a regular swim suit. Many of the suits available have them built in. (Please make sure there is a tight fit.) We have observed over the years that it is more likely for an older child to have an accident than a younger child. The five minute break we take at the top of each hour is so that parents and children can reconnect with each other providing an opportunity to take them to the bathroom.**

- All swimmers, in accordance with CO State Health Code requirements, must take a soap and warm-water shower prior to entering the pool.
- All swimmers must wear appropriate swimwear. No street clothes, undergarments, jeans, etc. are allowed.
- Children 4 years old 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.** Lifeguards will be checking for observance of this pool rule. Members and their

guests will be asked to purchase these diapers if they come to the pool unprepared. Disposable swim diapers may only be worn under the washable swim diapers.

- Absolutely no regular diapers, disposable or otherwise, are allowed in the pool.
- Diapers should be changed in the locker room, not on the pool deck. Be sensitive of other members. Hands should be washed thoroughly after a diaper change.
- Do not swim if you have an open wound, rash, or other irritations.

### **Lap Lanes**

- Priority usage of all the lap lanes and warm-water exercise pool is given to LAC programs (SwimAmerica, ISR, Stroke School, Water Aerobics, Masters, Adult Skills & Drills & Private swimming lessons). After these programs, exercising adults are given priority usage for the lap lanes. One indoor lap lane will always be available for member swimming. When an adult is not using a lap lane, children may use the lane(s) at the Aquatic Staff's discretion.

### **Waterslide Rules**

- Only one rider at a time is allowed.
- A parent may not escort a child down the slide.
- Catching a rider in the splash-down area is prohibited.
- All riders must be capable of exiting the slide area under their own power.
- All slide riders must travel down the slide in a feet- first manner on the back face up.
- Floatation devices are prohibited on the slide; this includes swimsuits with built-in flotation.
- All riders must be at least 42 inches tall.
- No stopping, spinning, grabbing the sides, etc.
- No zippers, rivets, cut-offs, etc., on swimwear. (They damage the smooth surface.)
- The waterslide will only be opened during published hours. Check with life guard.
- Unless a slide attendant is on duty, all riders are to line up at the bottom of the stairs, when one rider exits the slide, the next person in line may proceed up the stairs.

### **Lakeshore Athletic Club Rules for Kid's at the Pool**

**You are your child's best lifeguard. Lakeshore lifeguards are considered the second pair of eyes on your child.**

#### **Children 9 & Under:**

1. Must be supervised by an adult (18 & over) while at the pool at all times.
2. The adult must be in the pool, within an arm's length of the child. Lifeguard or no lifeguard on duty. No exceptions.
3. Note: if the child has passed the lifeguard administered swim test, the adult may watch from the side, but should stay on deck. Water wings, noodles and other floatation devices are not safe and require an adult in the water for their use.
4. Adults must accompany their child for all pool changes. If your child goes from the outdoor pool to the indoor pool or vice versa you must accompany them.

#### **Children 10-13:**

1. Must be accompanied by an adult (18 & over) when lifeguards are not on duty.
2. If the child has passed a lifeguard-administered swim test, the adult may watch from the side, but should stay on deck.
3. This child may be left at the pool for up to two hours if they have signed-in with the lifeguard on duty. They will receive a wristband that identifies them as a child at the pool without an adult. The child must stay at the pool and follow all pool rules. Parents must be in the club.

#### **Age 14 & Over:**

1. May swim at their own discretion. "Buddy-up"-No one should swim alone, ever.

