

# **North Olmsted Recreation Complex**

## **Swimming Pool Rules and Regulations**

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The following rules and regulations have been established for the benefit of all users of the swimming facilities to assure the safe operation of the pools and to provide enjoyable recreational opportunities for all. Patrons are requested to cooperate in observing these rules and to obey the instructions of the Aquatics staff. Patrons violating swimming rules are subject to the revocation of their swimming privileges. No refunds will be given.

### **GENERAL RULES**

1. No one will be allowed in the swimming area unless the pool is officially open and a lifeguard is on duty. Entering the pool area when it is not open for public use is prohibited and may be considered as trespassing.
2. Organized groups must follow our User Group Policy and must be directly supervised at poolside by an adult in swim attire. All groups must schedule their visits in advance. To schedule a visit please contact the Aquatic Supervisor.
3. Lifeguards and Recreation Complex staff have the authority to enforce all pool rules. Patrons who repeatedly violate the rules or reasonable requests of staff may be ejected from the facility.
4. Any children less than 6 years of age must be accompanied by an adult (age 18+) in the water with them at all times. Any children ages 7 – 11 years of age must have an adult (age 18+) on the pool deck with them at all times. Any children greater than 12 years of age are permitted in the aquatic facility without adult supervision.

### **ADMISSION POLICIES**

1. All persons entering the pool area must pay the appropriate admission fee or present proof of a valid membership pass.
2. Same day re-admission to the pool may be granted to any person who has retained their receipt from their previous purchase or proof of a valid membership pass for that current day. Persons without a receipt will need to pay a separate admission fee to re-enter or present proof of a valid membership pass.

### **FACILITY**

1. Food or refreshments may be consumed in designated areas of the outdoor pool, including the picnic and grassy areas. Picnic baskets/coolers are permitted in the grass area. All bags, baskets and coolers are subject to inspection. No grills, gas or electric cooking devices may be brought into the pool premises.
2. Food and drinks (other than water in an appropriate plastic container) are not permitted on the pool deck (indoors or outdoors) except in designated areas.
3. Glass containers, alcoholic beverages, drugs and pets are not permitted. Service animals are permitted in the pool area but not in the pool itself.
4. Employees are the only persons allowed in staff rooms, filter room, chemical storage areas and offices.
5. Smoking is not permitted on North Olmsted city property.

## **ATTIRE**

1. All patrons within the pool area must be attired in swimming apparel. No street clothes are allowed in the pool.
2. Clothing such as cut-offs, gym shorts and underwear are not permitted as swimwear.
3. Swimwear should not have been worn for exercising immediately prior to pool use as soiled clothing can create an unhealthy swimming environment.
4. T-shirts (including those for modesty or sun protection) are not permitted.
5. Rashguards, a more tight-fitting shirt that is designed for in-water use and offer protection from the sun are permitted in the aquatic facility, along with wetsuits.

## **BEHAVIOR**

1. Socializing with or distracting pool staff, including lifeguards, is prohibited.
2. No person within the pool area shall behave in such a manner as to jeopardize the safety and health of himself/herself and others. Such behavior, including abusive or profane language, shall be grounds for expulsion.
3. Loitering will not be permitted on the pool grounds.
4. Running, boisterous or rough play, pushing, acrobatics, dunking, wrestling, offensive or disruptive splashing or yelling, diving or jumping without care and caution, snapping of towels, improper conduct causing undue disturbances on or about the pool area or any acts which would endanger any patron are prohibited.
5. Spitting, spouting water, blowing nose, urinating or defecating in the pool is prohibited.
6. Prolonged underwater swimming or breath holding for time and/or distance is prohibited. Competitive or repetitive breath holding can be deadly and is not permitted.
7. Gum chewing is not permitted anywhere in the pool area for health and safety reasons.

## **HEALTH & SAFETY RESTRICTIONS**

1. All patrons must take a cleansing soap shower before entering the water
2. All patrons who are not toilet trained, who wish to enter either pool, must wear a disposable swim diaper covered by separate rubber/vinyl pants, all of which must fit snugly around the legs and waist.
3. Persons under the influence of alcohol or drugs will not be permitted in the pool area.
4. Any injury occurring in the pool must be reported to a lifeguard or building supervisor immediately.
6. Any person having a skin disease, sore or inflamed eyes, cold, nasal or ear discharge, and/or communicable disease will not be permitted in the pool.

## **EQUIPMENT & TOYS**

1. Water weights, kickboards, exercise belts and flippers are reserved for classes, lap swimming and adult (age 18+) use only.
2. Swim toys, balls and any other toys/equipment may be used at the discretion of the lifeguard and supervisor on duty.
3. Inner tubes, inflatable boats or rafts are not permitted in the pools.

4. Coast Guard approved and labeled lifejackets are the floatation device of choice for the North Olmsted Recreation Complex. They are designed to provide vertical support may be worn.
5. Water wings, back floats, bubbles, rings (including those built into bathing suits) or one-sided floatation devices are permitted but must be used with an adult (18+) within arm's reach of the swimmer using these devices.
6. The use of starting blocks is restricted to approved swim practices, swim meets and instructional programs only under the direct supervision of a properly trained instructor/coach.
7. Headphones/earbuds must be worn when listening to musical entertainment devices.

### **RULES FOR RECREATIONAL & LAP SWIMMERS**

1. Lanes will be reserved for those persons wishing to swim lengths undisturbed. Persons not swimming lengths should remain in other pool areas.
2. Lap lanes are intended for multiple swimmers. Lap swimmers should arrange themselves by speed in the lanes. It is not uncommon to swim four or more people to a lane if similar pacing is used.
3. For effective use, lap swimmers should swim counterclockwise near the lane markers and pass in the middle when more than 2 swimmers are in a lane. Much like driving, swimmers should stay to the right while swimming in the lane, and pass on the left.
4. Stop only at turning walls. Move to the side to allow others to turn and continue. Turns are made in the center of the lane at the wall.
5. Lifeguards may ask to move you to another lane to more closely match your swimming pace. Please comply as this will make everyone's swim more enjoyable.

### **DIVING BOARDS**

1. Anytime the diving board is in use the diving area must be cleared of all persons other than divers. No general swimming is permitted in the diving area unless the diving boards are closed by staff.
2. Only one person is allowed on the diving apparatus (including ladder) at a time.
3. Anyone using a diving board must wait until the preceding diver has surfaced and reached the ladder before climbing on the ladder.
4. Please remember to look before you leap; do not jump if there is someone beneath you.
5. Running on the diving boards or platforms is not permitted. Serious injuries may result.
6. Divers may not spring/bounce more than once on the board.
7. Divers must dive straight from the front end of the board facing forwards.
8. No competitive dives, these include inwards dives, reverse dives, back dives or any other such dives. An exception is made for competitive diving events during a swim meet when these dives are permitted.
9. Cart wheels, handstands and other such gymnastic activities off the board or side of the pool are prohibited.
10. Upon surfacing, immediately swim to the nearest ladder.
11. Do not swim under the boards at any time.

## **SWIMMING LESSONS**

1. Only North Olmsted Recreation Complex staff and any other approved organization from the Aquatic Supervisor is authorized to teach swimming lessons within our facilities. No activity for private gain is permitted at any time.
2. Parents, in order to assist us in offering a quality program for your child, we ask that you do not remain at water's edge during the class unless specifically requested by an instructor (e.g. Parent/Child lessons). We offer a wide variety of seating within our facility for you to take advantage of.
3. The program fee covers only the lesson and no other use of the facility. Persons wishing to swim following their lesson must purchase a day pass or provide evidence of a valid individual/family membership as appropriate.

## **WEATHER / ENVIRONMENTAL CONDITIONS**

1. During rainstorms, the outdoor pool will be closed when the aquatic staff cannot see the main drain at the bottom of the pool. This closure will include the entire outdoor pool, deck and grass area. All patrons must seek shelter inside the North Olmsted Recreation Complex. The pool will reopen once the main drain can be seen by the aquatic staff.
2. During thunderstorms the outdoor pool will be closed when the aquatic staff has heard or seen thunder/lightning. This closure will include the entire outdoor pool, deck and grass area. All patrons must seek shelter inside the North Olmsted Recreation Complex. The pools will not reopen until 30 minutes after the last clap of thunder.
3. During periods of cool weather, the outdoor pool will not open when the air temperature is below 60°F. If the temperature falls below 60°F the pool will stay open at the discretion of the supervisor and/or lifeguard on duty.

## **LOCKER ROOMS**

1. Children 6 years of age or older must change in the gender-appropriate locker room.
2. Please leave valuables at home. The North Olmsted Recreation Complex cannot be responsible for personal property or valuables at any time. Valuables may not be checked with the pool staff.
3. Lockers are available for your use. Please bring your own padlock. All padlocks must be removed daily; patrons are not permitted to leave locks on lockers overnight.
4. Locks will be cut off nightly and locker contents will be placed into the Lost and Found and disposed of weekly.
5. Food is not permitted in the locker rooms.
6. The use of cameras, video cameras or any device containing camera equipment of any kind is prohibited in all locker rooms, bathrooms and changing facilities.