



sabes jcc

INDOOR POOL RULES

1. Do Not Enter the pools unless a Lifeguard is present.
2. The Lifeguard has full authority in the pool area.
3. Please alert Lifeguard to serious health problems (e.g. epilepsy, heart or respiratory conditions).
4. Please remove all Band-Aids and bandages.
5. Any person showing evidence of any communicable skin disease, sore or inflamed eyes, cold, nasal or ear discharges, or any other communicable disease may not use the pools.
6. No one currently in 6th grade or under is allowed in the Lap Pool or Wading Pool without direct supervision from a parent or guardian.
7. Absolutely NO food or beverage allowed in the pool area. NO gum allowed in the pools.
8. No street shoes allowed on the pool deck.
9. Appropriate swim wear is required: no cut-offs, T-shirts, or undergarments allowed. Children 2 and up must have gender appropriate swim wear.
10. Children who are not fully potty trained **MUST** wear swim diapers **UNDER** their swim suit, with a **rubber/plastic diaper cover OVER their swim diaper**. Non-swimming specific diapers are **NOT** allowed in the water.
11. Everyone using the pools must take a cleansing shower before entering the water.
 - a. State law requires all swimmers must take a cleansing shower before entering the pool
12. Spouting or spitting water from the mouth or blowing the nose in the water is prohibited.
13. No Running on the pool deck.
14. No diving in the shallow end of the Lap Pool. No jumping into the Wading Pool.
15. No pushing, roughhousing, or horseplay is allowed.
16. Only straight forward jumping is allowed into the Lap Pool.
17. Diving is allowed **ONLY** at the far end of the deep end.
18. All ages are welcome to use the Wading Pool at the discretion of the lifeguards.
19. Please follow all signs and lane markers designating the activities taking place in each area and lane of the pool.
20. Please stay off the lane lines. Always swim under the lanes line when changing lanes.
21. Use of equipment must conform to the purpose of the equipment.
22. Children are not allowed to use noodles in the deep end.
23. Equipment that is not used safely, is abused, or used in a way that interferes with the enjoyment of other swimmers, may be removed from the pool.
24. Flotation devices such as Water Wings, non-Coastguard approved lifejackets, or inflatable devices are prohibited. Coastguard approved lifejackets are allowed in the big pool **ONLY** as long as parent or guardian is within arm's reach of the swimmer.
25. Only items provided by the JCC may be used in the pool, unless approved by a lifeguard.
26. Drugs and alcoholic beverages are prohibited in the Aquatics Center, and anyone under the influence of drugs or alcohol may **NOT** use the pool.
27. Profanity and inappropriate behavior will **NOT** be tolerated.
28. Any JCC property or equipment that is damaged or destroyed by intentional misuse by a member will be replaced and paid for by that member.
29. The JCC asks that everyone please follow **ALL** rules for their safety and the safety of others. Lifeguards and Rules are here for Your Safety. Lifeguards **ARE REQUIRED** to enforce **ALL** Rules.

ENJOY YOUR SWIM!!!!