

Pool Rules



Listed below are the C&RC Pool Rules and Regulations. Although at times it may seem that these rules are cumbersome, they are in place so that you and your family stay safe. Most importantly they are to make your time more enjoyable within the center. The C&RC staff would like to thank members and guests for cooperating with the facility rules.

Parents with children who are not yet potty trained, we ask that at all times swim diapers are worn and changed regularly to eliminate having to close Aquatic Areas. Written warnings will be administered for those that do not adhere by this rule and multiple occurrences may cause termination of membership.

General Pool Rules

1. Three sharp whistle blasts mean immediate evacuation of both pools. (This in an emergency procedure!)
2. Pool patrons must take a shower before entering the water
3. All Infants must wear waterproof diapers. No disposable diapers
4. Children under the age of ten (13) must be supervised by an adult in the pool area at all times.
5. Non-swimmers and/or children less than 48" are allowed in the shallow play area of the leisure pool only (maximum depth 24") unless they are within arms' reach of a supervising adult.
6. Inflatable flotation devices are not allowed (water wings, outside inner tubes, lifejackets other than U.S. Coast Guard approved). Pool toys must be approved by pool management, and may be removed at the supervisor discretion.
7. Parents are required to be in the water within arms reach with children using USCG approved lifejackets.

8. Gum chewing is not permitted anywhere in the pool complex for health and safety reasons.
9. Rough or boisterous play or running on deck will not be permitted.
10. Glass containers are prohibited in pool area
11. Please refrain from talking to the lifeguards while they are on the stand. Their first priority is safety.
12. All swimmers must bring their own towels
13. Jumping into the pool is only authorized in 4 ½ ft of water and must be feet first.
14. No Diving allowed ANYWHERE!
15. Alcohol will not be permitted at any time within the indoor/outdoor pool complex.
16. No chewing tobacco or cigarette/cigar smoking will be allowed anywhere within indoor/outdoor pool complex.

Lily Pad Rules

Warning: Water depth is 4 to 4 ½ feet

1. Minimum height requirement is 48" tall.
2. Swimmers are NOT allowed in fall zone.
3. Swimmers must exit the lily pad area immediately after falling off.
4. One person at a time on the lily pads.
5. Hold the ropes at all times – Do NOT try to run across or jump from lily pad to lily pad.
6. For your safety swimming under water in lily pad area is not allowed
7. No pulling or tugging on rope, cargo net, or lily pads while waiting in line.

Slide Rules

Warning: Water depth is 4 to 4 ½ feet

1. Patrons must be 48 inches tall to use the slide.
2. Non-swimmers are not permitted (parents are not allowed to slide down with their children at any time, or catch their children at base of slide – no exceptions).
3. No floatation devices of any kind may be used on the slide.
4. Riders must lie on their backs at all times (No stopping, kneeling, or rolling over in the flume).
5. Only one person at a time on the slide.
6. Wait for attendant/lifeguard to signal before going down the slide. Clear the pool immediately after the ride.
7. Metal and/or plastic objects, including keys and jewelry are not allowed while using the slide.
8. Hands must be kept inside the flume.

9. No wearing goggles, fins, sunglasses or floatation devices on the slide.
10. Failure to follow rules can result in serious injury (and may result in a patron being required to leave the pool, pool area and surrounding premises).

Shallow Water Play Structures Pool Rules

Warning: Water Depth is Zero feet.

1. Attraction is intended for children 48" and under
2. Children should not be unsupervised when they are on play structure
3. Follow the rules and directions of the lifeguards at all times
4. No running on the play structure
5. One person at a time on slides
6. All riders must slide feet first and on their backs
7. Crawling up slides will not be permitted
8. No kneeling, standing or stopping allowed on slides
9. No diving in shallow waters
10. Failure to abide by these rules may result in injury to you and to others

Whirlpool Rules

1. Children under 10 are not allowed in the whirlpool
2. Children 10-14 years must be accompanied by a parent in the whirlpool.
3. It is suggested that everyone consult a physician before using the whirlpool.
4. Elderly persons and persons suffering from heart disease, diabetes, or high or low blood pressure should not use the whirlpool.
5. Always shower before using the whirlpool, and between pool and whirlpool use.
6. Please do not submerge your head, or do aerobic exercise in whirlpool.
7. Whirlpool temperature is 101-104 degrees. Remaining in the whirlpool for longer than 15 minutes may be dangerous to your health.
8. Lengthy exposure may be hazardous to your health, and may result in nausea, dizziness or fainting.
9. Pregnant women should consult their physician regarding whirlpool usage.
10. No diving or jumping in the whirlpool.
11. No toys or floatation devices of any kind is allowed in whirlpool.
12. Please use the steps to enter and exit the whirlpool.

Lap Swim Rules

1. Be sure new swimmers alert others that they will be joining them in the lane.
2. Two swimmers may split a lane. Three or more swimmers will use circles to the left.
3. Water walking should be accommodated in the REC Leisure Pools.
4. No hyperventilating or prolonged under water breath holding permitted.

5. Absolutely no swimming by lifeguards while they are alone. Lifeguards MUST be guarded too!

Pool Equipment Rules

1. Use of all equipment shall be at the discretion of the on-duty lifeguard, and will depend upon the type of activity and bather load.

2. NO inflatable infant seats or water wings are permitted.

3. Buoyant equipment in shallow end only. This includes lifejackets.

4. Non-swimmers less than 48 inches tall or under 7 years of age must be accompanied in the water by an adult.

5. Water walking belts are for adult use only.

6. Judgement call on balls and diving rings

7. Kick boards and pool buoys are for lap swimmers and swim lesson participants only.

Foam dumbbells and noodles are available to swim lesson and group exercise participants only.