

GENERAL RULES AND REGULATIONS FOR THE VIRGINIA HILLS SWIM CLUB, INC.

Definitions: The ***Pool Operator/Manager*** is the senior staff member at the pool. ***Pool Property*** includes, but is not restricted to, the pool decks, woods, grassy areas, basketball court, snack bar area, and parking lot.

Please report any violations of the Rules and Regulations to the Pool Operator/Manager or life guard on duty.

1. All persons using the pool do so at their own risk and sole responsibility. The Club does not assume responsibility for any accidents or injury in connection with such use. However, all injuries **must** be reported to the Pool Operator or the guard on duty.
2. The Club is not responsible for any personal items left by members of their guests, or the theft of any personal items from members or their guests, and will not be responsible for loss or damage to personal property of any kind.
3. The Pool Operator/Manager has the authority to suspend or refuse admission to any member or guest for any given incident in violation of the Rules and Regulations of the Club. All persons shall obey the instructions of all pool staff.
4. The cost of any damages to the pool property will be charged to the responsible party.
5. Pool identifications cards must be turned in at the gate house for admission to the pool and picked up before a swimmer leaves through the front gate. No one over the age of three years will be allowed in without their pool pass or payment of a guest fee (in the company of a member).
6. Each child 10 years old or younger must be accompanied by an adult member or responsible teen for admission to the pool grounds. Any child in the baby pool must be attended by an adult or responsible teen.
7. The baby pool is for use by children 6 years of age or younger **at all times**. The tot lot play equipment is for use by children 8 years of age or younger at all times.
8. Children in diapers must wear a bathing suit over a swim diaper (or wear tight-fitting rubber pants over a regular diaper).
9. All persons shall obey the instructions of the lifeguards, gate attendants and/or the Pool Operator/Manager. The lifeguards or Pool Operator/Manager may remove a swimmer from the pool for failure to follow instructions.
10. No person shall use the pool unless it is officially open and a lifeguard is on duty and on deck.
11. The pool may be cleared of any or all persons at the Pool Operator/Manager's discretion. The pool may be closed at any time due to weather, equipment breakdown, or other operational difficulties with no financial consideration for "down" time.
12. No loitering at the guardhouse or in the bath houses. Only on-duty life guards are allowed on the life guard stands and in the gate house.
13. All persons using the swimming pool must take a shower prior to using the pool. All persons entering the pool area are required to use the foot shower before entering the gate to the pool deck.
14. Only swimsuits will be allowed (i.e. no cut-off trousers, etc.).
15. Balls, toys and flotation devices may be used in the main pool only with the permission of, and at the discretion of, the pool staff on duty. Swim fins, masks, and snorkels may be used as authorized by the Pool Operator/Manager or life guard on duty. No flotation devices that slip over the head may be used. Arm flotation devices may be used when an adult is present with the child at all times. Goggles may be worn, but it is advised not to wear goggles when using the slide.
16. Balls, toys, and flotation devices may be used in the baby pool at any time.
17. Only one person at a time is permitted on the slide and slide platform – please observe posted slide instructions.
18. Projective devices are not permitted on pool property.
19. No unsafe or rough play on pool property. Unsafe or rough play includes running on concrete decks or sidewalks; dunking; wrestling; sitting, standing, or diving from another person's shoulders; diving in

labeled “No Diving” areas; flipping from the side of the pool; or any other conduct deemed unsafe or unduly disruptive by the pool staff on duty.

20. Persons in street shoes are not permitted on the pool deck
21. The use of bicycles, scooters, skateboards, rollerblades, “Heelies,” and similar items are not permitted on pool property, except to transport a member to and from the pool entrance. Bicycles should be placed in the bike rack and members are encouraged to use a chain and lock. Smaller items may be secured by the member.
22. No pets allowed on Club property.
23. Abusive or profane language is prohibited.
24. Chewing gum is prohibited from pool property.
25. Spitting or blowing of the nose in the pool is prohibited.
26. Admission to the pool may be refused to persons having any skin diseases, sore or inflamed eyes, colds, nasal or ear discharge, excessive sunburn, open sores, or bandages.
27. Smoking or use of tobacco products, alcohol, intoxicants, and illegal substances are prohibited on pool property.
28. No food or drink (other than water) on the pool deck.
29. No glass containers on pool property.
30. Admission to the pool will be refused to all persons appearing to the Pool Operator/Manager to be intoxicated or under the influence of drugs.
31. Children under the age of 16 years will completely clear the pool during the last 15 minutes of every hour that the pool is open and are not allowed in the baby pool during this break. However, children who, by virtue of age, size, and lack of swimming ability, do not normally use the main pool during the 45 minute sessions, may be in the main pool with a parent or authorized adult during the break. The adult must be in the water.
32. Persons using the main pool, without immediate adult supervision, must be able to swim the width of the pool or stand in 4 feet of water with his/her head fully above the water line. Persons unable to demonstrate their ability to swim to the life guards are not permitted in deep water.
33. No running from the deck onto the diving board.
34. No jumping or diving off the side of the diving board. Jump or dive straight off the end of the board only.
35. Only one person on the diving board at any time.

| Updated 3/14/2010 by the Board of Directors.