

# Beach Pool Rules

- Pool open to children age 7 and younger.
- All non potty-trained children must be wearing a swim diaper AND a Tiny Tush.
- No swimmies/arm flotation devices—only Coast Guard approved Type II life jackets are permitted.
- No Kickboards, No Noodles, No Aquatic Barbells, No Diving, No sharp objects or toys with sharp ends permitted.
- All children **MUST** be accompanied by an adult in the Beach Pool - **THERE IS NO DIRECT LIFEGUARD ON DUTY. PLEASE SUPERVISE YOUR OWN CHILDREN & SUMMON LIFEGUARD IN THE EVENT OF AN EMERGENCY.**

**WARNING:** Failure to follow the rules can result in the removal from the facility and/or serious injury. The pool rules, regulations, policies, and procedures are subject to change and may be amended, revised, or rescinded by the club and/or staff member at any time.

# Leisure Pool Rules

**Ages 16 and under are NOT PERMITTED**  
in the Leisure Pool unless for therapy.

- No Diving, No Jumping, No excessive splashing
- No Kickboards. Noodles are acceptable.

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# Main Pool Rules

- All non potty-trained children must be wearing a swim diaper AND a Tiny Tush.
- No swimmies/arm flotation devices—only Coast Guard approved Type II life jackets are permitted.
- Parents must be within arm's distance of non-swimmers.
- Kickboards are to be used for swim lessons or lap swimming ONLY.
- Diving is permitted in depths of 9 feet or more
- No Diving off of the starting blocks unless with swim team or swim lessons.

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# Rec Pool Rules

- Swimmers under the age of 12 must pass the swim test to use the slides and diving board.
- Request swim test at the guard house.
- No kickboards. No noodles.
- All non potty-trained children must be wearing a swim diaper AND a Tiny Tush.
- No free swimming in slide/diving area unless designated.
- No hanging on pool equipment (ropes, basketball hoops or slide structure).
- Free swim is not permitted in the designated swim lesson area while swim lessons are in session.
- No reserving pool furniture before pool opens.
- All children are subject to retest if a lifeguard deems necessary for your child's safety.

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# Spa Rules

- No children under the age of 16 are permitted.
- Patrons under the age of 16 MAY NOT place their feet in the Spa.
- The recommended maximum Spa use is 15 minutes.
- The maximum bather load is 8 swimmers.

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# Slide Rules

***Warning: Water Depth is 4ft. at bottom of slide***

- Riders will only be permitted when a lifeguard is present and on duty.
- All riders under the age of 12 must pass a swim test to use slide.
- All jewelry must be removed before using the slide.
- Pockets must be empty to use the slide.
- Riders must enter slide in a sitting position and wait for instructions from the lifeguard stationed at the top of slide.
- All riders must ride feet first while lying on their backs—absolutely NO riding on stomach or head first.
- Only 1 rider at a time—absolutely NO trains or chains of riders are permitted.
- No tubes, mats, or life jackets are permitted on the slide.
- Riders must wait on stairs/deck in a single file line, 1 per stair, holding onto the handrails at all times.
- Riders must be in good health. Pregnant woman or individuals with heart or back conditions should not use slide.
- Follow instructions of the flume lifeguard.
- No running, standing, kneeling, rotating, tumbling, or stopping in the flume. Arms and hands must remain inside the flume.
- No goggles or face masks in the slides.
- No diving from the flume.
- Leave the flume area promptly after exiting the slide.

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# Diving Board Rules

- Only one person on the diving board/ladder at a time.
- Each person must wait at the bottom of the diving board ladder until the previous diver has exited the pool.
- Only one bounce per dive is permitted.
- No cartwheels and handstands off the diving board.
- All patrons must dive off the board forward and straight out. No back flips or back dives.
- Immediately after surfacing, divers must swim directly to the ladder and exit the pool.
- Playing or swimming in the diving area is not permitted while board is open for diving.
- Goggles, masks, toys, or flotation devices may not be used while diving.
- The lifeguard may restrict certain dives based on safety concerns.

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# Swim Test Policy

The Arena Club swim test is to make sure that every child has an enjoyable time while using our aquatic facility throughout the year. The swim test is for all children who are ages 12 and younger. To request a swim test, please bring children to the guard station.

## **The test consists of:**

- Swimming 25 meters with a forward stroke
- Treading water for 60 seconds
- Demonstrating the ability to float on back

Upon completion of swim test the child will receive a stamp each time they use the pools. This swim stamp will signify to all lifeguards that the child has passed the swim test and is able to ride the slides and use the diving board.

All children are subject to retest if a lifeguard deems necessary for your child's safety.