



Pool Rules

*****Note pool depth and other warning signs painted on the deck of the pool*****

****All users must obey the directions of the lifeguards and NSC staff****

1. Walking ONLY – NO Running
2. **Appropriate Swimming attire is REQUIRED to enter the pool** – NO street clothes are permitted in the water
3. No diving from the side of the pool
4. No Glass containers of any kind
5. No alcoholic beverages are permitted
6. No smoking in the pool area
7. No rough play
8. No pushing, dunking or roughhousing
9. To swim during rest breaks must be staff or adult over the age of 18, can have a child 1 and under in arms during this time.
10. Children under 5 must be accompanied by an adult/guardian in the water and remain within arm's reach.
11. Children/Youth who need assistance or floating device must have a parent/guardian in the water with them at all times.
12. Non-Swimmers of any age are not permitted in the 12' area (NSC reserves the right to swim test any swimmer)
13. No hanging on ropes
14. Children/Others may not be thrown into the air from the pool or from another person's shoulders at any time.
15. Make sure the pool is clear before entering the water.
16. Floats are only permitted in the pool between 4pm and 6:45pm (see float rules)
17. 1 person at a time on any slide – do not climb ladder until person ahead of you leaves the slide (stand on the concrete to wait for your turn)
18. 2 ft. area is for young children or for children who can't swim. Only 1 older child is permitted in the 2ft area if playing with sibling. **(If you can go off the diving boards alone then you are too old for the 2 ft.)**
19. Rest breaks will be held at :45 minutes of each hour, adults may remain in the pool, but all others must exit. The 6:45pm break ALL users must exit the pool (Monday – Friday 1st Break of the day is 1:45pm and Weekends and Holidays 1st break of the day is 12:45pm)

Diving Well Rules

1. Children may dive during the rest break ONLY with an adult in the water with them, after notifying the guard
2. Look before diving
3. Dive straight off, facing forward
4. No diving from the high dive
5. No back dives off any board
6. Only 1 bounce please
7. Only 6 swimmers are allowed in the diving well at anytime
8. Only 1 person on the diving board or ladder at a time
9. Swim to the nearest 12-foot ladder to exit the diving well, no swimming under the rope
10. No toys or games in the diving well
11. Wait on the concrete until the diving board is empty
12. No sitting on the side of the pool in the 12 ft. area

Rule Violation MAY include the following:

1st time – WARNING

2nd Time – Sit behind guard until released

3rd time – Sent to Office to talk to manager on duty or removed from the pool

Raft Rules

- The area between the 3- foot and 4-foot rope will be the designated area for rafts and all rafts must remain in this area
- The little slide will be closed as needed to accommodate rafts
- Rafts are permitted in the water only between 4pm and 6:45pm
- Raft time may be suspended on exceptionally busy days at the discretion of the manager on duty
- NO TIPPING! – Swimmers will not be permitted to tip rafts or floatation devices over.
- NO DIVING! – Swimmers will not be permitted to dive or jump onto rafts or floatation devices.
- ONLY COAST GUARD APPROVED floatation devices are permitted.
- Non-Swimmers are not permitted to use rafts or floatation devices without a parent/guardian within arm's reach
- For the safety of all swimmers the pool (Management/Guards) reserves the right to limit the size of floatation devices that are permitted in the pool.
- Rafts/Floatation devices MAY NOT be stacked at any time
- Only rafts/floatation devices designed for use in a pool will be permitted.
- Noodles are allowed all day but only in the 3ft./4ft area
- Baby rafts are allowed with parent's supervision
- Infractions:
 - 1st infraction will result in a warning
 - 2nd infraction will result in suspension of float privileges for the remainder of the day
 - Additional infractions may result in permanent suspension of float privileges

RULES ARE SUBJECT TO CHANGED OR AMMENDED AT THE DISCRETION OF THE BOARD AND MANAGEMENT

I agree to abide by the rules and regulations outlined above in the Northland Swim Club rules document. I agree that failure to comply with these rules and regulations will result in the dismissal of myself or the entire party I am with from the pool grounds with no refund.

Signature: _____ Date: _____