

# POOL POLICIES

## THE POOL AREA IS NOT LIFEGUARDED

### GENERAL RULES

Children under the age of 16 must be accompanied by an adult (18+ years) at all times in the pool area. Children 15 and under must be closely supervised in the pool area. Parents are to be within rescue distance, either in the pool or on the deck (not in the hot tub or on the pickleball courts).

- No running on the pool deck.
- No diving anywhere.
- Jumping into the pool is only authorized in 5 ½ ft deep area and must be feet first.
- Excessive splashing or physical contact, including dunking, is not permitted.
- Kids are not to be standing on another person's shoulders, no chicken fighting.
- The ladders are not to be played on, they're only for entering & exiting the pool, one person at a time.
- Personal music equipment is allowed as long as it is played with earphones.
- Floating devices such as life jackets or swim-floaties are allowed as long as the parent is in the water with the child.
- No pool toys allowed except noodles and diving rings. Inner tubes not permitted.
- Kickboards allowed only for lap swimming, or by AHC swim staff, NOT as pool toys in the recreation pool.
- Lap swimmers can use the recreation pool during non class hours, ensuring they yield to recreational swimmers.

### LAP POOL ETIQUETTE

- Lap lanes are for lap swimmers only. Please follow lap lane etiquette.
- Children can use the lap pool if they are lap swimming and are supervised.
- No hanging on the lap lanes or playing with them.
- No diving anywhere.

### OUTDOOR JACUZZI

- No children under age 3 are allowed in the Jacuzzi. Children must be potty trained. No pool toys or horseplay is allowed. Children under the age of 16 must be accompanied by an adult at all times in the Jacuzzi.

### INDOOR JACUZZI

- This is an "Adult Only" Jacuzzi. You must be 16 years or older to use it.

### ATTIRE & HEALTH CODES

- No cut-offs, proper swim attire only in the pools and Jacuzzi.
- Please shower before entering the pools and Jacuzzi.
- No naked children. They must have a diaper on with rubber pants (available at the Service Desk).
- No diapered children in the Jacuzzi.
- No glass in the pool area.
- No food or drink allowed within 6 feet of the pool or Jacuzzi.

