

BridgeMill Athletic Club 2014 Pool Rules
General Pool Rules Apply to all areas of the pool.

**PARENTS/GUARDIANS MUST INSURE THAT INFANTS/CHILDREN
USING POOL DO NOT HAVE A DIARRHEAL ILLNESS.
ALL INFANTS/CHILDREN NOT TOILET TRAINED AND INCONTINENT INDIVIDUALS MUST WEAR
SWIM DIAPERS & PLASTIC SWIM PANTS.**

No smoking

Horseplay, such as running, splashing, pushing in, shoving, or dunking, is not permitted.

No diving in areas other than the diving well.

Throwing objects, such as balls or Frisbees, is not permitted

No super soakers or water sticks.

Lifeguard stands are off limits to anyone who is not a certified lifeguard employed by BridgeMill Athletic Club.

Children under the age of 3 or children wearing flotation devices must be accompanied at all times in the water by an adult.

A child may not ride on a parent's back or shoulders, nor may a child be tossed into the air.

Changing diapers on the pool deck is strictly prohibited. Changing stations are located in each restroom.

Soft balls of reasonable size, snorkels, face masks, and foot fins are permitted at the discretion of the lifeguards.

All food or drink must stay 10 feet back from the pool.

No glass containers, outside food, or coolers are permitted on the property.

The pool staff is authorized to restrict or ban the use of flotation devices and toys as deemed necessary for safety.

Areas of the pool may be closed at any time under the discretion of management.

The pool will be closed for inclement weather: The pool will be closed for 30 minutes at the last sound of thunder and 45 minutes after the last lightening sighting.

Showers are for rinsing off before and after the use of the pool, not bathing.

Proper swimwear is required.

No prolonged breath holding or underwater swimming.

Diving Board

Dives or jumps must be performed forward, off the front of the board, toward the middle of the pool.

No running dives, back dives, inward dives, handstands or cartwheels are permitted.

Do not hang on or swim in front of or under the diving boards.

Only one person may be on the board at one time.

Only one bounce allowed off the board.

Throwing a ball to someone jumping off the board is not allowed.

Parents wishing to catch their children may wait at the side of the pool until the child has entered the water.

Exit the dive well to the stairs located nearest the board jumped from

No goggles

No flotation devices.

Waterslide Rules

No jewelry permitted when using waterslides.

No flotation devices or goggles permitted on the slides.

Must be 42 inches tall to use the slide.

Only one person shall be allowed on the slide after the previous user has

exited. Only one person shall be allowed on the platform to each slide; and only one person shall be allowed in each slide exit area.

A person must exit the landing area immediately after using the slide.

The catch pool is for exiting the slide only, no swimming allowed in this area.

Position to be maintained while going down the slide: lie flat on back, feet first.

No sliding face down.

Clover

The clover is designed to be used by children under the direct supervision at all times of a parent or guardian.

Throwing objects, running, and horseplay is strictly forbidden.

Lap Lanes

The lap lanes are reserved for adults and lap swimmers only.

No hanging or playing on the lane lines.