

Pool Rules

- 1.) All non-swimmers and children 48 inches and under must be accompanied by a parent or responsible adult supervisor at all times.
- 2.) N.O.R.C. is a non-smoking and alcohol free facility.
- 3.) No one may enter the pool without a lifeguard present.
- 4.) Proper swimming attire required. Bathing suits only.
- 5.) No profanity.
- 6.) Walk. No running, pushing or horseplay.
- 7.) Do not socialize with or distract the lifeguards.
- 8.) No food or drink permitted on the pool deck.
- 9.) No glass objects on the pool deck.
- 10.) Do not hang on ladders, ropes or lane lines.
- 11.) Keep deck clear of all bags and personal property. Towels permitted.
- 12.) Floatation devices approved by the U.S. Coast Guard only.
- 13.) All swimmers using floatation devices must be accompanied IN THE WATER with a parent or responsible adult supervisor. These swimmers MAY NOT be in the water alone.
- 14.) Water weights, kickboards, water noodles, exercise belts, and flippers are reserved for classes, lap swim and adults 18 years of age and older.
- 15.) Persons having an infectious or communicable disease, open wound, sores or rashes are not permitted in the pool.
- 16.) Swimmers must pass a swim test in order to use the diving board and swim in the deep end alone if under 48 inches or if staff deems necessary.
- 17.) In order to pass swim test, children must swim 1 length of the pool unassisted.
- 18.) Foam balls only, at discretion of lifeguards.
- 19.) No flipping or diving off side of pool
- 20.) Jump facing forward off side of pool

Outdoor Pool

- 1.) Pool will be closed if;
 - Air temperature is 68 degrees or lower
 - There is an electrical storm for an extended period of time.
- 2.) No diving at any time.

Diving Board Rules

- 1.) Any individual using the diving board must be able to swim 1 length of the pool.
- 2.) Only one bounce on the board.
- 3.) Do not adjust fulcrum.
- 4.) One person on board at a time
- 5.) Wait for previous diver to reach the side of the pool before diving.
- 6.) Exit diving area immediately after entering water.
- 7.) Dive straight off the end of the board.
- 8.) No swimming in diving area
- 9.) No inward dives
- 10.) Parents and adult supervisors may not catch or jump off board with children.