

# **AQUATICS CENTER RULES & REGULATIONS**

*The rules are designed to ensure the health and safety for patrons of all ages and abilities. While we wish that you have an enjoyable experience, for safety and security reasons we must enforce the rules. **PLEASE DO NOT ASK STAFF TO CHANGE THEM.***

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## **GENERAL RULES**

Swimming is allowed ONLY when lifeguards are on duty.

**ALL CHILDREN 12 YEARS OF AGE AND UNDER MUST BE SUPERVISED BY A PARENT OR GUARDIAN AT ALL TIMES.**

All weak or non-swimmers **must** wear a US Coast Guard approved life vest and **must** be accompanied by a responsible adult or guardian at all times. For convenience, GPCC has US Coast Guard approved loaner vests available.

Diving is not permitted in shallow water (under 9 feet deep)

No breath-holding or prolonged underwater swimming.

No food or drink is permitted in the aquatics center

Running is not permitted anywhere in the aquatics center.

Horseplay, pushing, and dunking are prohibited.

Obey the commands of the lifeguards at all times.

All children **NOT POTTY TRAINED** are required to wear a swim diaper under their bathing suit.

All swimmers must wear appropriate swimming attire – no thongs, see through suits, cutoffs, regular gym shorts, or T-shirts over bathing suits.

We do not allow inflatable devices of any kind.

Showers must be taken before entering the pool.

In the event of accidents or unbalanced water chemistry, the pool(s) will be closed for your safety.

Profanity, improper behavior, and intoxication are not allowed.

Please refrain from holding conversations with the lifeguards as they are responsible for watching the pool at all times.

Bandages are not permitted in the pools.

The Aquatics Center will close 30 minutes before the building closes.

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## **LAP POOL**

Due to State Regulations, scheduled lap swim time may only be used for swimming laps, water exercise, or programming.

Do not hang on to, play, or sit on the lane lines.

Patrons wishing to enter the deep end may be required to demonstrate their swimming abilities.

Flips, sideways and backward jumps are not allowed from the pool deck.

## **LAP SWIMMING**

Circle swimming is in effect at all times. Please be prepared to share a lane with several other swimmers. When circle swimming, stay to the right.

Kickboards, noodles, hand paddles, pull buoys, masks, fins, and snorkels may be used only for their intended purpose.

## **DIVING BOARDS**

When diving boards are in use, recreational and lap swimmers are NOT permitted in front of the diving area.

Only one diver is permitted on the board at a time.

Wait for the previous diver to swim clear and exit the area before diving.

Dive, or jump, off the front of the board only. Enter the water directly in front of the board. Only one bounce on the diving board is allowed.

Hands **MUST** enter the water first in headfirst dives.

Swim away from the area in front of the diving board & exit the pool immediately after diving.

Hanging on the board is prohibited.

Difficult dives may only be done under the supervision of a diving instructor who has been authorized by the Greater Plymouth Community Center. Only front dives & jumping feet first are permitted without an authorized instructor present.

## **LEISURE POOL**

Leisure Pool will be open **ONLY** during scheduled times.

Diving is not permitted in the leisure pool.

Kickboards, barbells, pull buoys, & adult floatation belts are not permitted in the leisure pool.

Hanging from the spray features is not permitted

Sitting, standing, or climbing over the dividing walls within the pool is not permitted.

Safety checks may be done every hour on the weekend and during other busy times as management sees fit.

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### **THE BIG SLIDE**

You must be at least 4 feet tall to use the slide.

This slide is not recommended for expectant mothers, small children, non-swimmers, persons with limited physical conditions including individuals with previous or current neck, back, joint, or heart problems.

Floation devices are not permitted on the slide.

Swimsuits with metal rivets, buttons, or fasteners are not permitted on the slide.

Eyeglasses or goggles are not permitted while using the slide. Contacts may be worn at your own risk.

While slide is in use, the slide pool catch area is to remain clear of all other persons.

Only one person is allowed on the slide at a time.

Go down the slide lying on your back, feet first, & face up. We recommend that you cross your arms on your chest and cross your legs at the ankles.

Do not attempt to slow yourself by holding on to the walls.

Upon entering the water, immediately move away from the bottom of the slide and exit the catch area quickly.

### **THE FISH SLIDE**

Riders must be in good health. Individuals with medical conditions including, but not limited to neck, back, or joint, problems should not ride this slide.

**WARNING:** Water Depth is 4 feet. All riders on this slide must be supervised by a responsible adult who is in the catch area.

Adults are **NOT** allowed to go down the Fish Slide.

Only one person is allowed on the slide at a time.

Riders must go down feet first.

No climbing up or jumping off the Fish Slide

No swimsuits or floation devices with metal rivets, buttons, or fasteners.

Failure to follow these rules may result in injury. For safety, aquatics staff will ban rule breakers from the Fish Slide.

### **WHIRLPOOL**

The whirlpool can be used any time the facility is open. However, for your safety we recommend at least two people utilize the whirlpool at one time.

Individuals with health problems & pregnant women should avoid using the whirlpool without prior medical consultation and permission from their doctor.

Limit whirlpool use to 15 – 20 minutes. If you feel nauseous or dizzy exit the whirlpool and notify staff immediately.

No one under 12 years of age is permitted in the whirlpool.

Children 12 to 17 years must be accompanied in the whirlpool and supervised by a parent/guardian at all times.

Whirlpool use is not recommended immediately after intense physical activity or sauna use.

Do not use the whirlpool while under the influence of alcohol, narcotics, or other drugs.

Do not put your head under water.

Do not use whirlpool if the drain grates are missing, broken, or loose. Please alert staff immediately if you notice something wrong or out of place.

Maximum bather load: 10 people

### **COED SAUNA**

Individuals with health problems and pregnant women should avoid using the sauna without prior medical consultation and permission from their doctor.

Limit sauna use to 10 to 15 minutes. If you feel nauseous or dizzy exit the sauna and notify staff immediately.

Sleeping is prohibited in the sauna. If you suspect someone may be sleeping immediately notify the aquatic staff.

For medical reasons with inherent health risks, children 11 years of age and under are not permitted in the sauna

Children 12 to 17 years must be accompanied in the sauna and supervised by a parent/guardian.

Wait at least 5 minutes after exercising to use sauna, and NEVER exercise while in the sauna.

Sauna use is not recommended immediately after whirlpool use.

Do not place anything especially water on the rocks/heater at any time.

All users **MUST** wear appropriate swimming attire - no thongs, see through suits, cutoffs, or T- shirts over bathing suits.

Please bring a towel to sit on. Avoid direct contact with seats, floor, and other surfaces.

Do not leave towels or other items unattended in the sauna.

Rubberized, latex, or plastic items are not permitted in the sauna.

Please shower after using the sauna if you will be using the pools.