

General Pool Rules

Decisions of the lifeguards on duty will be final based on potential and preventable hazards and accidents.

Showers are recommended before entering pool or spa as in accordance with Colorado State law.

Children age 5 and under or unable to swim on their own are not allowed in water over their heads without direct adult supervision in the water (PARENT OR GUARDIAN ONLY.) Children **MAY NOT** swim past the safety rope.

Children wearing cloth diapers must wear plastic pants over the cloth diaper. Disposable diapers are not allowed in the pools, no exceptions. Swim Diapers are available for purchase. Parents are **STRONGLY** encouraged to take children to the restroom during breaks. Please help prevent accidents and pool closures.

Members swimming laps must be considerate, courteous, alert, and willing to share lap lanes.

Pools are cleared for periodic safety checks and lifeguard rotation.

HRCA kick boards and equipment are for Adult and Lesson use **ONLY**.

To prevent accidents and maximize safety the following activities **are prohibited**. (List not all inclusive, items may be added without notice if deemed a hazard):

- Running pool deck the locker room or other wet / slippery areas.
- Flips, twists, cannonballs, can openers, back dives, or back jumps
- Standing or sitting on the shoulders of another participant.
- Rocking, tipping, or twisting the float toys.
- Rafts in the pool at any time. *(Single person floats or arm floats will be permitted - only one float per member. Any time the pool is crowded, lifeguards may ask that all floats be removed from the pool. To ensure the safety of children requiring flotation devices, an adult MUST accompany them in the water at all times.)*
- Throwing objects over a large length of space. Catching any object off the side of the pool. All objects must be kept in the water.
- Squirt guns.
- Eating and/or drinking in locker rooms or pool areas. *(Food **IS** allowed in designated picnic areas **outside**.)*
- Glass containers.
- Spitting while in any of the pools.
- Hanging on the safety ropes/lanes.
- Diving during Open Swim or Lap Swim.
- Smoking or alcohol.

Northridge

Lap Pool

Circle swimming required when more than one member in a lane. Swim to the right side of the lane.

All members allowed to utilize a lap lane provided they are making progress down a lane in an athletic endeavor. (Breakout times are the exception. Children must exit the lap pool during this time.)

Any equipment must be utilized safely and correctly (masks, fins, snorkel, paddles, kickboards, etc.).

Members requiring floatation devices are discouraged from using the lap pools.

To prevent accidents and maximize safety the following activities **are prohibited**. (List not all inclusive, items may be added without notice if deemed a hazard):

- Dives and other stunts off the starting blocks.
- Diving.
- Hanging on lap lanes.

Deep Water Activity Pool / Diving Well

Members must be able to swim the length of the pool.

While waiting for a turn on the diving board, stand at the base of the board steps (not on the steps).

One at a time allowed on any single diving board.

One bounce is allowed on the diving board.

Exit area immediately.

Equipment should be used in a safe and correct manner.

To prevent accidents and maximize safety the following activities **are prohibited**. (List not all inclusive, items may be added without notice if deemed a hazard):

- Dives and other stunts off the diving boards if they appear unsafe or beyond the ability of the member.
- Backward dives of any kind
- Twists or jumps off the side of the board.
- Running off the diving board or catching a thrown ball/toy off the board.

Hot Tub

Safety guidelines and age limitations are posted at each location. Common sense and moderate use are recommended when using hot tubs. Parents take full responsibility for hot tub use by their children.

Children ages 10-17 may use the hot tub during Open Swim times (**must** be accompanied by parent or guardian).

Children ages 10-17 will NOT be permitted in hot tub during "Break Out." Be prepared to show ID.

Children under age 10 will not be allowed in the hot tub at any time.

Please enter/exit from stairway.

Sauna

Adults 18 years and older only.

Eastridge

Leisure Pool / Outdoor Pool

Slide one at a time in a forward seated position, feet first.

Members 36" – 48" must pass a swim test. After successful completion of a swim test, members will receive a wrist band which is required to be presented each time they ride the slide. If a member does not have the wrist band, they will be required to re-test.

Play equipment should be used in a safe and correct manner.

Roped areas:

- Children under age 6 must stay on the shallow side of the rope, unless held or within arm's reach of a parent or adult.
- Children over age 6 may utilize the deeper side of the rope unless they require or are wearing any sort of floatation device(s). If wearing floatation devices, children must be within arm's reach of parent or adult.
- *Exceptions:* Strong swimmers who do not meet age requirements may take a swim test. Wristbands are given to those passing the swim test, which must be presented each time or a re-test will be required. Wristbands allow participation

To prevent accidents and maximize safety the following activities **are prohibited**. (List not all inclusive, items may be added without notice if deemed a hazard):

- Standing on the play features.
- Catching participants.
- Swimwear with exposed zippers, buckles, rivets or metal ornamentation.
- Stopping, running, diving, standing, rotating or kneeling in the slide.

Peninsula area is for staff only.

Lap Pool

Circle swimming required when more than one member in a lane. Swim to the right side of the lane.

All members allowed to utilize a lap lane provided they are making progress down a lane in an athletic endeavor. (Breakout times are the exception. Children must exit the lap pool during this time.)

Any equipment must be utilized safely and correctly (masks, fins, snorkel, paddles, kickboards, etc.).

Members requiring floatation devices are discouraged from using the lap pools.

To prevent accidents and maximize safety the following activities **are prohibited**. (List not all inclusive, items may be added without notice if deemed a hazard):

- Dives and other stunts off the starting blocks.
- Diving.
- Hanging on lap lanes.

Hot Tub

Safety guidelines and age limitations are posted at each location. Common sense and moderate use are recommended when using hot tubs. Parents take full responsibility for hot tub use by their children.

Children ages 10-17 may use the hot tub during Open Swim times (**must** be accompanied by parent or guardian).

Children ages 10-17 will not be permitted in hot tub during "Break Out." Be prepared to show ID.

Children under age 10 will not be allowed in the hot tub at any time.

Please enter/exit from stairway.

Steam Room

Adults 18 years and older only.

Do not put water on sensors.

Southridge

Activity Pool / Outdoor Pool

Slide one at a time in a forward seated position, feet first.

Members 36" – 48" must pass a swim test. After successful completion of a swim test, members will receive a wrist band which is required to be presented each time they ride the slide. If a member does not have the wrist band, they will be required to re-test.

Play equipment should be used in a safe and correct manner.

Roped areas:

- Children under age 6 must stay on the shallow side of the rope, unless held or within arm's reach of a parent or adult.
- Children over age 6 may utilize the deeper side of the rope unless they require or are wearing any sort of floatation device(s). If wearing floatation devices, children must be within arm's reach of parent or adult.
- *Exceptions:* Strong swimmers who do not meet age requirements may take a swim test. Wristbands are given to those passing the swim test, which must be presented each time or a re-test will be required. Wristbands allow participation

To prevent accidents and maximize safety the following activities **are prohibited**. (List not all inclusive, items may be added without notice if deemed a hazard):

- Standing on the play features.
- Catching participants.
- Swimwear with exposed zippers, buckles, rivets or metal ornamentation.
- Stopping, running, diving, standing, rotating or kneeling in the slide.

Current Channel

Children under age 7 and non swimmers need to be accompanied by an adult at all times.

Please ride in the direction of the current.

Please enter/exit from stairway.

One tube per member.

Floatation devices may be requested to be removed at any time.

Current Channel should be used in a safe and correct manner.

To prevent accidents and maximize safety the following activities **are prohibited**. (List not all inclusive, items may be added without notice if deemed a hazard):

- Climbing or sitting on the center island.
- Jumping into tubes from the side of the channel.

Log Walk

One member at a time.

Logs have a one way traffic flow.

Must be 54", pass a swim test, or wear a Coastguard approved lifejacket to cross the log walk.

Exit area immediately.

Play equipment should be used in a safe and correct manner.

Log walk area is not for swimming.

Spray Ground

A parent or adult must supervise all children and accompany children under age 6 in the play area at all times.

Slide one at a time in a forward seated position, feet first.

Exit area immediately.

All play equipment should be used in a safe and correct manner.

To prevent accidents and maximize safety the following activities **are prohibited**. (List not all inclusive, items may be added without notice if deemed a hazard):

- Children on laps when sliding.
- Sliding head first.
- Climbing or standing on the outside of the play equipment, including slides.

Hot Tub

Safety guidelines and age limitations are posted at each location. Common sense and moderate use are recommended when using hot tubs. Parents take full responsibility for hot tub use by their children.

Family Spa – temperature will be kept at 98 degrees for all to enjoy.

Members under age 18 will not be permitted in hot tub during “Break Out.” Be prepared to show ID.

Parent or guardian must be in the water with children under age 6 at all times.

To prevent accidents and maximize safety the following activities **are prohibited**. (List not all inclusive, items may be added without notice if deemed a hazard):

- Play toys, floats or rings

Please enter/exit from stairway.

If bather load is exceeded, adults will have priority over children.

Fitness Pool

Circle swimming required when more than one member in a lane. Swim to the right side of the lane.

All members allowed to utilize a lap lane provided they are making progress down a lane in an athletic endeavor. (Breakout times are the exception. Children must exit the lap pool during this time.)

Any equipment must be utilized safely and correctly (masks, fins, snorkel, paddles, kickboards, etc.).

Members requiring floatation devices are discouraged from using the lap pools.

To prevent accidents and maximize safety the following activities **are prohibited**. (List not all inclusive, items may be added without notice if deemed a hazard):

- Dives and other stunts off the starting blocks.
- Diving.
- Hanging on lap lanes.

Westridge

Lap Pool

Circle swimming required when more than one member in a lane. Swim to the right side of the lane.

All members allowed to utilize a lap lane provided they are making progress down a lane in an athletic endeavor. (Breakout times are the exception. Children must exit the lap pool during this time.)

Any equipment must be utilized safely and correctly (masks, fins, snorkel, paddles, kickboards, etc.).

Members requiring floatation devices are discouraged from using the lap pools.

To prevent accidents and maximize safety the following activities **are prohibited**. (List not all inclusive, items may be added without notice if deemed a hazard):

- Dives and other stunts off the starting blocks.
- Diving.
- Hanging on lap lanes.

Outdoor Pool

Slide one at a time in a forward seated position, feet first.

Members under 48" must pass a swim test. After successful completion of a swim test, members will receive a wrist band which is required to be presented each time they ride the slide. If a member does not have the wrist band, they will be required to re-test.

Play equipment should be used in a safe and correct manner.

To prevent accidents and maximize safety the following activities **are prohibited**. (List not all inclusive, items may be added without notice if deemed a hazard):

- Standing on the play features.
- Catching participants.
- Swimwear with exposed zippers, buckles, rivets or metal ornamentation.
- Stopping, running, diving, standing, rotating or kneeling in the slide.

Hot Tub

Safety guidelines and age limitations are posted at each location. Common sense and moderate use are recommended when using hot tubs. Parents take full responsibility for hot tub use by their children.

Children ages 10-17 may use the hot tub during Open Swim times (**must** be accompanied by parent or guardian).

Children ages 10-17 will not be permitted in hot tub during "Break Out." Be prepared to show ID.

Children under age 10 will not be allowed in the hot tub at any time.

Please enter/exit from stairway.