

HRCA AQUATIC POOL RULES

General Pool Rules

- Children ages 5 and under are not allowed in deeper areas of the pool beyond the designated safety ropes without direct adult supervision in the water. (parent or guardian only)
- All individuals who cannot control their bodily functions are required to wear swim diapers, or waterproof pants while in the pool. Disposable diapers are strictly prohibited. Swim diapers are available for purchase on-site.
- “Breakout” will be called at the top of every hour of open swim for five minutes. Children under 18 will be required to exit the pool during this time for lifeguard rotation and safety checks. Parents are strongly encouraged to take children to the restroom during breaks to help prevent accidents and pool closures.
- HRCA kick boards and equipment are for adult and lesson use only.
- Lifeguards exercise authority to enforce any rule or regulation to prevent potential injuries or accidents in the pool area. Decisions made by the Lifeguards and Supervisor on Duty are final.
- 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 on the pool deck, the locker room or other wet/slippery areas.
 - Diving, Flips, twists, cannonballs, can openers, back dives or back jumps.
 - Standing or sitting on the shoulders of another member.
 - 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.
 - Throwing objects over a large length of space. Catching any object off the side of pool. All objects must be kept in the water.
 - Squirt guns that resemble any type of gun or weapon (regardless of size). Noodle and crayon sprayers are acceptable.
 - Eating and or/drinking in locker rooms or pool areas. (*Food is allowed in designated picnic areas outside*).
 - Glass containers.
 - Spitting, spouting water or similar unhygienic behaviors are prohibited.
 - Hanging on the safety ropes/lanes.
 - Smoking, vaping and alcohol.

Recreation Center at Northridge

Lap Pool

- Circle swimming is required when more than one member is in a lane. Swim to the right side of the lane.
- All members are allowed to utilize a lap pool 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, snorkels, 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 is 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/ Aquatic Climbing Wall Rules

- Members must be able to swim the length of the pool. Non-swimmers are not permitted in dive well.
- 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.
- Non-Swimmers are not permitted to use the Aquaclimb Wall.
- Use of life jackets or other flotation devices are not permitted while climbing.
- Additional safety guidelines and limitations are posted near each attraction
- Lifeguards exercise authority to enforce any rule or regulation to prevent potential injuries or accidents in the pool area. Decisions made by the Lifeguards and Supervisor on Duty are final.
- 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 "Breakout". Be prepared to show ID.
- Children under age 10 will not be allowed in the hot tub at any time.
- Please enter/exit from the stairway.

Sauna

Adults 16 years and older only.

Recreation Center at Southridge

Activity Pool/Outdoor Pool

- Children ages 5 and under and non-swimmers need to be always accompanied by an adult (parent or guardian 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):
 - Standing on the play features.
 - Swimwear with exposed zippers, buckles, rivets or metal ornamentation.

Current Channel

- Children ages 5 and under and non-swimmers need to be always accompanied by an adult (parent or guardian only).
- 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.
- Additional safety guidelines and limitations are posted near each attraction.
- 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 inches tall, or wear a Coast Guard approved life jacket 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.
- Additional safety guidelines and limitations are posted at each location.

Spray Ground

- Slide one at a time in a forward seated position, feet first.
- Exit slide run out area immediately.
- All play equipment should be used in a safe and correct manner.
- Additional safety guidelines and limitations are posted near each attraction.
- 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 headfirst.
 - Climbing or standing on the outside of the play equipment, including slides.

HRCA AQUATIC POOL RULES

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 97-98 degrees for all to enjoy.
- Members under age 18 will not be permitted in hot tub during “Breakout”. Be prepared to show ID.
- Parent or guardian must be in the water with children ages 5 and under 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 is required when there is more than one member in a lane. Swim to the right side of the lane.
- All members are 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

Recreation Center at Eastridge

Leisure Pool/Outdoor Pool

- Children ages 5 and under are not allowed in deeper areas of the pool beyond the designated safety ropes without adult supervision in the water (parent or guardian only).
- Slide one at a time in a forward seated position, feet first.
- 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.
 - Swimwear with exposed zippers, buckles, rivets or metal ornamentation.
 - Stopping, running, diving, standing, rotating or kneeling in the slide.
 - The peninsula area is for staff only.

Indoor Water Slide

- Children under 42 inches tall are not permitted on this slide. Patrons under 48 inches must wear a US Coast Guard approved personal flotation device.
- Swim wear with exposed zippers, buckles, rivets or metal ornamentation are not permitted.
- Only one rider in the slide flume at a time.
- Slide must be ridden feet first lying on your back or in a sitting position.
- Additional safety guidelines and limitations are posted near each attraction.

Lap Pool

- Circle swimming is required when more than one member in a lane. Swim to the right side of the lane.
- All members are allowed to utilize a lap pool 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, snorkels, 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 is 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 "Breakout". Be prepared to show ID.
- Children under age 10 will not be allowed in the hot tub at any time.
- Please enter/exit from the stairway.

Steam Room

- Adults 16 years and older only.
- Do not put water on sensors.
- Proper swim attire required. Shoes are not allowed.

Recreation Center at Westridge

Lap Pool

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

- Children ages 5 and under are not allowed in deeper areas of the pool beyond the designated safety ropes without direct adult supervision in the water (parent or guardian 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):
 - Standing on the play features.
 - Swimwear with exposed zippers, buckles, rivets or metal ornamentation.
 - Stopping, running, diving, standing, rotating or kneeling in the slide.

Outdoor Water Slide

- Children under 42 inches tall are not permitted on this slide. Patrons under 48 inches must wear a US Coast Guard approved personal flotation device.
- Swim wear with exposed zippers, buckles, rivets or metal ornamentation are not permitted.
- Only one rider in the slide flume at a time.
- Slide must be ridden feet first lying on your back or in a sitting position.
- Additional safety guidelines and limitations are posted near each attraction.

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 "Breakout". Be prepared to show ID.
- Children under age 10 will not be allowed in the hot tub at any time.
- Please enter/exit from the stairway.