

FITCH FAMILY INDOOR AQUATIC CENTER

POOL RULES

General Pool Rules:

- Follow directions of staff.
- Children under the age of 6, must be actively supervised by a person in the water who is 16 years or older.
- Children ages 7 – 9, must be accompanied by a person who is 16 years or older.
- Swimsuits required. No street clothes. No zippers, metal rivets, or loose dangling items.
- All patrons must shower prior to entering the water.
- Swim diapers are required for all individuals who are incontinent.
- Do not enter if you are experiencing diarrhea or any communicable disease.
- All diaper changing is to occur in the locker rooms at designated diaper changing stations.
- No running.
- No hanging, swinging, sitting on the railings.
- No masks that cover the nose.
- No outside food or drink except water bottle. No gum allowed.
- No glass of any type permitted.
- No rafts, mats, inflatables, mermaid tails, or mono fins.
- No toy guns of any type.
- No noodles or kickboards, unless an adult is using them for therapy or lap swimming purposes.
- No balls or other throwing toys.
- No rough play.
- No diving in the shallow end and in other areas marked as “No Diving”. No flips.
- No cell phone use in locker rooms.

Recreation Pool Rules:

- Lifejackets and other acceptable flotation devices are permitted, provided an adult (16+ years) supervision is in the water, within arm's reach.
- To go down the slide all riders must be at least 36" tall and under 200 pounds. Individuals with medical conditions including, but not limited to, pregnancy, heart, or back problems should not ride.
- Go down the slide feet first, in a seated position.
- Only one person on the slide at a time.
- Wait until the landing area is clear before going down the slide.
- Clear the landing area immediately after going down the slide.

Current Channel Rules:

- Those 12 years of age and younger must pass the deep-water test prior to entering the current channel.
- To allow both directions of water walking (with the current or against the current), please stay to the right and walk single file.
- No life jackets, puddle jumpers, noodles or kickboards allowed.
- No standing on the bench or island area.
- No jumping in or entering from the edge of the current channel.

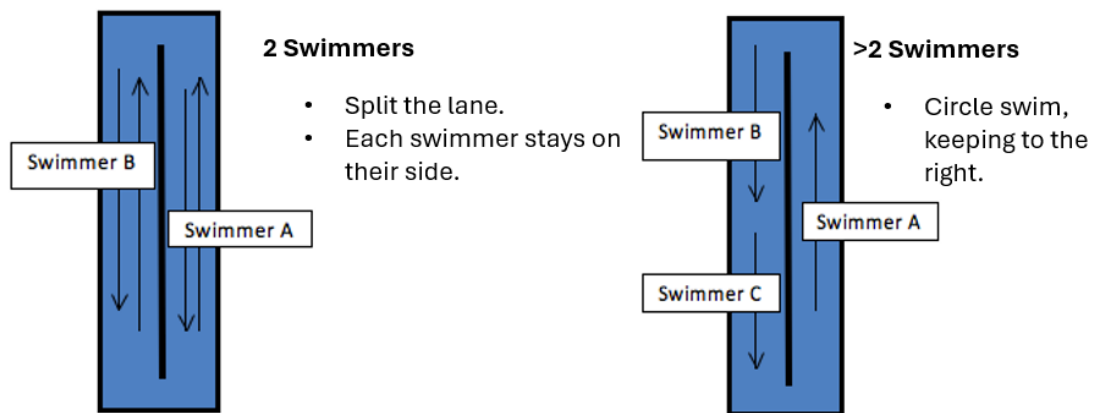
Lap Pool Rules:

- No hanging or swinging on the railing.
- Children (12 and under) must pass an annual deep-water test before going in the 9-foot area.
- A US Coast Guard approved lifejacket/puddle jumper may be used in the shallow section of this basin, provided an adult (16+ years) supervision is in the water, within arm's reach.
- No touching, hanging, etc. on the basketball net or rim. No dunking.

- No playing basketball from the deck. This includes, no shooting, dribbling, or jumping in from the deck into play.
- If there is a waiting for basketball, play time will be limited to 20-minutes.

Lane Sharing Protocol:

- Select the lane that best matches your abilities.
- Alert swimmer(s) when joining a lane.
- Sit by the edge of the pool and wait for them to finish a set.
- Make signal underwater to get their attention.
- Enter the corner of the lane when safe and wait for acknowledgement.
- When two swimmers share a lane, split the lane and stay on your designated side.
- When more than two swimmers are in a lane, swimmers must circle swim, keeping to the right.



Slide Rules:

- All riders must be at least 48” tall.
- Maximum rider weight is 300 pounds.
- WARNING: Water depth is shallow.
- No goggles.
- All riders must ride feet first while lying on their back with arms crossed across their chest and remain in this position throughout the ride. Do not go down the slide headfirst. Do not sit up while riding the slide.

- Riders must enter the slide in a sitting position and wait for instructions from the lifeguard to begin the ride.
- Do not propel yourself into the ride.
- Only one rider at a time. No chains or trains.
- No running, standing, kneeling, rotating, tumbling or stopping in the flume.
- No tubes, mats, or life jackets are permitted.
- Remain lying on your back with arms crossed until you come to a complete stop. Sit up and collect self, then exit the flume promptly.
- Be careful when exiting the slide.
- Riders must be in good health. Elderly persons, those suffering from heart disease, high blood pressure, epilepsy, or persons using prescription medication should consult their physician before using the slide. Individuals with medical conditions including, but not limited to, pregnancy, heart, or back problems should not ride.
- Slide will be closed for inclement weather.

Mary Greeley Medical Center Wellness Pool Rules:

- US Coast Guard approved lifejacket/puddle jumpers may be used, provided an adult (16+ years) supervision is always within arm's reach of the individual.
- No standing on the bench.
- To avoid overheating, extraneous exercising in this basin should be avoided.