



## Pool Rules & Safety

## Regulations

### Safety

*When lifeguards are **not on duty**, members swim at their own risk. Swimmers must be 16 years or older to use the pools when unguarded.*

- No food or drink (except water) is permitted on the pool deck. No glass objects are allowed on the pool deck.
- No person shall be allowed to enter the pool while under the influence of drugs or intoxicating liquors. Smoking is not allowed anywhere on Four Seasons property.
- Horseplay, such as dunking, shoulder rides, or running is not allowed. Swimmers shall conduct themselves as to promote a family atmosphere and allow maximum enjoyment of the pool by others.
- Diving is allowed in designated areas only. Any jumping should be made straight out into the pool. Running, front and back flips, back dives and twirls are not permitted when jumping from the side into the pool.
- There should be no standing or sitting on the kickboards, whether the kickboards are Four Seasons' or the members'.
- No playing on or around the ladders or stairs. Ladders and stairs are for entry and exit purposes only.
- Hanging on the rope or lane lines is not permitted.
- For your safety, lifeguards may require swimmers to demonstrate their swimming ability before entering deep water or using the diving board.
- Talking to the lifeguards is not permitted. No one except authorized personnel is permitted on the guard chairs.

### Hygiene

*Everyone must wear a swimsuit in the pool.*

- All swimmers must shower before entering the pool.
- Only clean footwear is permitted on deck.
- Diapers should not be worn in the pool. Children that are not toilet trained should wear plastic pants or swim diapers.
- Spitting, spouting of water, blowing the nose or otherwise introducing contaminants into the pool is not permitted.
- Modesty swimwear is permitted; please see a supervisor for recommendations. Clothing including dri-fit material is not permitted.

## **Age Policies**

*Direct supervision within an arm's reach is required by an adult when lifeguards are not on duty.*

- Members 8 & under: Supervision is required by an adult in the water or pool side within an arm's reach. Direct supervision is permitted with the use of a lifejacket.
- Members 9-15 years: May be asked to provide proof of age to swim unsupervised when lifeguards are on duty. Direct supervision is required by an adult when lifeguards on not on duty.

## **Acceptable Pool Toys & Equipment**

- ✓ **Small water toys such as sponge balls, dive sticks, and rings**
- ✓ **Snorkels, masks, & fins**
- ✓ **Noodles (members may bring their own; not to be used as lifesaving device)**
- ✓ **Water aerobics barbells and belts (used appropriately)**
- ✓ **Lifejackets (with Type II or III U.S. Coast Guard approved only)**

## **Pool Toys & Equipment NOT ALLOWED**

- ⊗ **Water wings, inner tubes, or suits with built in inflatable devices are not allowed.** *These items are not allowed because they can slip off or turn the swimmer to a face down position where they may be unable to right themselves!*
- ⊗ **Rafts.** *These items create “blind spots” for the lifeguards and are not a lifesaving device.*
- ⊗ **Basketballs, footballs, water guns and other hard plastic toys are not allowed.**