# Rankin Aquatic Center – Pool Rules

# **General Facility Rules**

- PARENTS PLEASE WATCH YOUR CHILDREN
- No Running or Roughhousing
- No Smoking, Alcohol, Gum, Glass, Weapons, or Barbecues.
- Children six and under or non-swimmers need to be under constant supervision of someone sixteen or older
- No diving in the Lap or Play Pool
- Jumping into the pool must be feet first and with forward motion
- No prolonged underwater swimming
- No throwing people
- No carrying people on shoulders
- No cut-offs, shorts or swimwear must be hemmed
- No inflatable devices, rings, toys, or water wings
- Lifejackets must be coast guard approved; parents must be within arm's reach of children in lifejackets.

### **Play Pool Rules**

- No climbing up the slide
- Slide down the slide feet first and sitting on your bottom
- No climbing on the outside of the play equipment
- No pushing or leaning against safety netting

## **Lap Pool Rules**

- No hanging on lane lines
- Lap Swim lanes are for people 16 years or older who are <u>SWIMMING</u> laps

#### **Diving Board Rules**

- One person in diving pool at a time, the previous diver must clear the pool before you may enter
- Jump straight off board and not to the side
- One bounce at edge of the board
- No back flips, back dives, or jumping off backwards
- No goggles allowed when going off the diving board

Lifeguard discretion can be used to determine if an action is safe and appropriate in the facility. Lifeguards and Management have final say as to what goes on within the facility.

We appreciate your cooperation and hope you enjoy your time at the Rankin Aquatic Center.



