



## Pleasant Hill Recreation & Park District POOL RULES

1. A qualified lifeguard must be on duty before patrons are permitted to enter the pool area.
2. Everyone must shower before entering the pool.
3. All persons entering the pool area must pay admission.
- 4. Children 8 years and under must be accompanied in the water by a paying adult (18+).** Children 12 years and under must be accompanied in the facility by an adult.
5. Anyone suspected of having an infection, sore or skin disease will not be permitted in the pool.
6. Always walk within the pool area and locker rooms.
7. Pushing, dunking, and other types of "rough-housing" are not permitted.
8. Feet first entries ONLY in areas where depth is 9 feet or less.
9. Flips, jack-knives or cannonballs are not permitted off the edge of the pool.
10. All swimmers who are not toilet trained, including incontinence, must wear a watertight swim diaper in the pool.
11. Coast Guard approved flotation devices are allowed only with adult supervision.
12. The use of facemask, fins, snorkel and underwater breathing apparatus is prohibited.
13. All swimmers must wear proper swim attire (swim trunks and/or swimsuit). Un-hemmed pants or cut-offs are not permitted.
14. Glass containers are not permitted within the facility.
15. No alcohol or smoking within the facility.
16. Chairs, lounges and tables are available on a first-come, first-served basis.
17. Radios are permitted at a low volume only.
18. Keep ladders and steps clear. Hanging on ladders, railings or rope/lane lines is not permitted.
19. Swimming in the deep end is not permitted.
20. Other rules may apply at the discretion of the lifeguards or head guard.

### Deep End Rules

1. Swim test required for all swimmers aged 17 and under. Swimmers who pass test will be issued a wrist band.
2. Dives and jumps must be straight off the edge of the pool from the designated spots.
3. Forward dives and jumps only, starting with toes at the edge of the pool (no running & jumping).
4. The hands must enter the water first on all headfirst dives.
5. Before diving or jumping, wait until previous swimmer is to the side of the pool or past the rope.
6. After dive or jump, swim to the nearest ladder and exit pool, or swim in a straight line past the rope toward the shallow end.
7. Persons wearing Coast Guard flotation devices are not allowed in the deep end.
8. Swimming in the deep end is not permitted.

The Pool Manager or Head Guard may expel any person from the pool who is violating these rules or whose conduct or condition is jeopardizing the health, safety or pleasure of others. Your health and safety is our primary concern. These rules are enforced to ensure a safe and enjoyable area to swim.

Pleasant Hill Recreation & Park District is not responsible for lost or stolen items.