

## CHILDREN

1. Children 0 - 13 years of age must be accompanied by a parent or appointed responsible person 16 years of age or older and under their **DIRECT SUPERVISION** in and out of the water. Failure to maintain acceptable behavior will result in loss of pool privileges.
2. As an exception, children 6 - 13 years of age may enter the water and swim without direct supervision, provided they possess a current American Red Cross Level IV swimming certification card **OR** demonstrate the following required swimming proficiency test **PRIOR** to being left unsupervised in the water:
  - a) Swim 25M unassisted using an acceptable stroke
  - b) Demonstrate ability to tread water
  - c) Demonstrate ability to float
3. Flotation devices **APPROVED** by the U.S. Coast Guard may be used by children in the shallow end **ONLY**. **EXCEPTION: NO RAFTS, KICKBOARDS or LARGE INFLATABLES.** Children using flotation devices **MUST BE** under the **DIRECT** supervision of the parent/responsible individual and children must remain within arms' reach at all times. The parent/responsible individual accepts full responsibility should an incident occur.
4. Children in the wading pool **MUST BE CONTINUALLY SUPERVISED BY AN ADULT.**
5. Children over 6 years of age are not allowed in the wading pools.
6. Diapered children must wear a swim diaper.
7. Toys permitted **ONLY** in the wading pools.
8. Toys permitted at the discretion of lifeguard.

## DIVING AND DIVING AREA

1. Diving in shallow end prohibited.
2. Diving from the side of the pool is permitted **ONLY** where water depth is 9 feet or greater.
3. **SWIMMING** not permitted in diving areas.
4. Diving from the **LOW** platform is permitted. However, loitering, pushing, handstands, flips, back dives and gainers are **NOT** permitted.
5. Positively **NO DIVING** while wearing a face mask.



**MC&CS**  
SEMPER FIT

**FOR YOUR SAFTY  
POOL RULES**



TRAINING TANK	760.830.6212
FAMILY POOL	760.830.6727
HILL TOP POOL	760.830.7250

## **GENERAL**

- 1. To swim at the MCCS/Combat Center pools, ALL personnel must show a valid ID card or be with a sponsor who has a valid ID card.**
- 2. Guests must be accompanied by an authorized sponsor.**
- 3. The swimming pool rules are established to enhance enjoyment and safety at the MCCS/Combat Center pools for all patrons utilizing the facilities.**
- 4. It is the responsibility of the lifeguards on duty to enforce these rules. ONE WARNING IS SUFFICIENT! When this warning is not adhered to, the individual(s) concerned will be removed from the pool facility for the rest of the day. The military police will be contacted if the individual(s) refuse to leave the premises.**
- 5. The importance of enforcing the rules and regulations cannot be overemphasized. The danger of serious accidents occurring at a public facility is evident, and one of the best ways to minimize and/or eliminate injuries is to enforce the outlined rules.**
- 6. All patrons will comply with the directions of the lifeguards, Aquatics Director and facility Non-Commissioned Office In-Charge (NCOIC).**
- 7. The pool Aquatics Director and the NCOIC/Assistant NCOIC have the authority to clear the pool and remove patrons from the deck area in the event of electrical storms or any dangerous inclement weather conditions.**
- 8. The pool will be closed if the equipment breaks down, i.e. filtration system.**
- 9. Lifeguards have the authority to clear the pool and ask patrons to leave in the event someone vomits or defecates in the pool.**
- 10. All complaints/suggestions should be brought to the attention of the Aquatics Director, NCOIC/ANCOIC, then to the Recreation Supervisor.**

## **APPAREL**

- 1. Appropriate swim apparel will be worn by ALL patrons. Underwear, frayed shorts, cutoffs, sling/thong bikinis or bike/spandex shorts will not be allowed.**
- 2. No eccentric jewelry will be worn in the pool. This includes pierced earrings worn on any other part of the body besides the ears.**
- 3. At the discretion of the lifeguard, hats may be worn in the pool for protection from the sun.**
- 4. Sunglasses may be worn in the pool provided the lenses are plastic. Patrons who do so assume full responsibility should an injury occur that is associated with the sunglasses.**
- 5. Obscene tattoos and shirts must be covered at all times.**

## **CONDUCT, SAFETY, HYGIENE**

- 1. No one is allowed in the water unless a lifeguard is on duty.**
- 2. Persons with sores, skin diseases, or bandages will not be permitted in the pool.**
- 3. NO RUNNING on pool decks!**
- 4. Please inform lifeguard of any existing medical conditions that may need special attention in an emergency situation.**
- 5. Showers are required before entering pools. If suntan lotion is used, another shower must be taken before entering the pool.**
- 6. Non-swimmers must stay in the shallow end.**
- 7. Masks, fins, and snorkels may be worn at the discretion of the lifeguard. Determining factors would be: age and skill level of user and pool usage conditions. Mask lenses must be plastic or tempered glass.**
- 8. Kickboards allowed by lap swimmers in the lap lane ONLY. Exceptions to this are at the discretion of the lifeguards.**
- 9. Lifeguard towers and equipment are OFF LIMITS to patrons.**
- 10. Tampering or attempting to adjust pool machinery is strictly forbidden.**
- 11. Fraternalizing with the lifeguards is prohibited. Conversation with lifeguards while they are on duty should be limited. Non emergency topics should be directed to management staff.**
- 12. No glass containers of any kind are permitted in or around the pool.**
- 13. No pets allowed in pool area. EXCEPTION: special-needs dogs**
- 14. Absolutely no gum chewing in or around pools.**
- 15. Eating, drinking and smoking in designated areas ONLY.**
- 16. Radio/tape/CD players may be brought into the pool area provided listening is done with individual headsets. Equipment is the responsibility of the patron.**
- 17. No profanity, vulgar acts, or disruptive behavior will be permitted. Violators will be asked to leave.**
- 18. Spitting, urinating or otherwise contaminating the pool or walkways is prohibited.**
- 19. No horseplay in or around the pool.**
- 20. Beer (in cans) allowed ONLY during scheduled pool parties.**
- 21. Intoxicated patrons will be asked to leave.**
- 22. Injuries must be reported IMMEDIATELY to the lifeguard.**
- 23. 5 minute rest periods begin on the hour and all patrons must get out of the pool during safety checks.**
- 24. WHISTLE SIGNALS:**
  - a) One short whistle blast: Attract attention of individual**
  - b) Two short whistle blasts: Attract attention of other staff**
  - c) One long whistle blast: Clear pool await directions**