

Highland Park Pool

Rules and Operating Regulations

(Parents: It is your responsibility to make sure your children and guests know the Rules and Regulations and follow them.)

A. General

1. All persons using the pool, including members and guests, do so at their own risk.
2. Food may not be consumed within the pool enclosure except in the Snack Bar enclosure.
3. Alcoholic beverages may not be brought into the pool enclosure except during specially scheduled events.
4. Trash receptacles must be used for the disposal of paper containers and other debris.
5. Smoking is only permitted in the picnic area.
6. The use of diving sticks and hard balls within the pool enclosure is prohibited. Playing any games, or playing with any objects, deemed hazardous by the pool management is also prohibited.
7. Swimming accessories (small, soft balls; masks, snorkels, fins, etc.) are permitted at in the discretion of pool management.
8. Unauthorized persons are not permitted to use the office or other facilities, such as lifeguard stands, etc.
9. Pets are not permitted within the pool enclosure* or on pool property.
10. Street shoes are not allowed on the pool apron, except by operating personnel.*
11. The Corporation is not responsible for property left on the Highland Park premises, including in pool lockers.
12. Bicycles and motorbikes must be parked in designated areas.
13. There will be a 10-minute rest period every day during each hour for persons under 16 years of age. On weekends, the rest period shall last 15 minutes.
14. Parents are liable for any damage to pool property caused by family members or guests.
15. The office telephone is strictly for business calls and not social calls.
16. Children shall not loiter in the dressing rooms and shall refrain from standing under the "Hot" showers to warm up.
17. Disregard for authority of the lifeguards may result in immediate expulsion from the corporate facilities at the discretion of the pool management.
18. Any damage to pool property or disregard of the Rules and Operating Regulations may result in suspension of family use of corporate facilities for a period determined by the Board of Directors.
19. A lap lane shall be set up at a member's request during any break. At all other times, whether a lap lane will be set up is within the discretion of pool management based on current pool load.
20. During breaks, babies with plastic protective pants with elastic leg and waist bands over swim diapers will be allowed in the main pool in the arms of an adult.

21. Loud music is not permitted. Courtesy for fellow members is required.
22. Profanity, in any form, shall not be permitted.

B. Safety

1. Horse play, in the judgment by pool management, is prohibited anywhere on club property.
2. The swimming pool will be used only under the supervision of lifeguards.
3. Glass items shall not be brought within the pool enclosure.
4. In the main pool, children under 12 must be within arms reach of a supervising adult at all times, unless they are under the supervision of a swimming instructor or are wearing a bracelet signifying that they have demonstrated their independent swimming ability to the satisfaction of the pool manager or her/her designee. (See "Swim Test" below). Sharing of swim bracelets is prohibited and is considered a serious infraction that may result in immediate expulsion from the pool in the discretion of management.
5. Anyone who appears to be under the influence of intoxicating substances, in the judgment of pool management, may be prohibited from entering the water.
6. Rafts and any other flotation devices that management deems may obscure the lifeguards' view of the pool bottom are prohibited. "Floaties," water wings, and infant rings with seats are allowed in the main pool, but only if a supervising adult is within arms reach and management does not deem the pool too crowded for their safe use.
7. "Noodles" and kick boards are allowed in the main pool at the discretion of pool management.
8. At the discretion of the pool management, the diving boards may be closed when conditions warrant.
9. Playing on the pool ladders and the pool steps is prohibited.
10. Climbing and sitting on the fences are strictly prohibited.
11. At the discretion of the Pool Manager, the pool may be closed at any hour when the weather or other conditions dictate.
12. In case of thunder, the pool deck will be cleared for a minimum of 15 minutes, or longer in the discretion of management. In the case of lightning, the entire pool enclosure will be closed immediately for a period of 30 minutes after the last bolt of lightning, or longer in the discretion of management.
13. Diving is not permitted in the shallow end of the pool.
14. Talking to, or otherwise distracting, lifeguards while they are on duty is prohibited.

C. Health and Sanitation

1. All participants must take a soap shower before entering the pool.
2. All participants must utilize the footbaths and entry showers before entering the pool apron.
3. No member shall knowingly enter the bathhouse or pool enclosure, or permit a child or guest to do so, while suffering from any contagious disease such as

- athlete's foot, ringworm, cold, etc., or while suffering from any open wounds or sores. All participants will be observed by the Pool Manager and lifeguards, and persons with questionable conditions may be barred from admission.*
4. Children who are not toilet trained are required to wear plastic protective pants, with elastic leg and waistbands **over** swim diapers when using the pools.
 5. Changing diapers or disrobing children anywhere but in the bathhouse is prohibited.

D. Admission Requirements

1. Pool admission will be granted with presentation of a valid membership identification card. A Family Identification Form must be completed by each family at the beginning of each season.
2. All members must sign in at the Front Desk each time they enter the pool enclosure. They are required to identify themselves to the Front Desk personnel and to await verification of membership before entering.
3. Abuse of pool admission will cause immediate suspension from the pool for a period of time determined by the Board of Directors.
4. Children under 12 years of age within the pool enclosure must be accompanied and directly supervised by a person who is age 16 or older. This person assumes full responsibility for the child.
5. All guests of members shall be admitted only at the request of the member, and signed in by the member. Guests shall pay the daily guest fee (posted at the front desk) to gain admittance. Any members who allow their guests to enter the corporate facilities improperly, subject themselves to suspension from corporate facilities for a period determined by the Board of Directors. **ALL GUESTS MUST BE ACCOMPANIED BY THE MEMBER.**
6. Guests under three years of age are admitted for free.

E. Swimming and Tennis Lessons

Lessons are open to all members, and guests accompanied by a member, on a first-come, first-served basis.

F. Baby Pool Rules

1. The Baby Pool is to be used **ONLY** by children six years old or younger and supervised by a responsible adult.
2. Children requiring diapers **MUST** wear plastic protective pants with elastic leg and waistbands **over** swim diapers.
3. **NO RAFTS** or large flotation devices are allowed. "Floaties," water wings, and infant rings with seats may be used, unless the management deems the pool too crowded for their safe use. All children using such devices must be within arms reach of a supervising adult at all times.
4. Only small, lightweight water toys are allowed.

5. Children swimming in the large pool may not use the baby pool during the “break” period. The “break” is a rest period required for young swimmers.

G. Diving Rules

1. Only ONE person may be on the diving board at a time.
2. Do NOT jump/dive until the previous diver has reached the ladder.
3. No swimmer may wait in the water under the board to “catch” a diver.
4. On the diving board: no running dives, no leaning on the railing, and no more than one bounce are allowed.
5. Use the nearest ladder to exit the diving well.
6. Children wearing any flotation aids are NOT permitted on the diving boards.
7. Children must be able to safely and independently swim, as judged by management, to the exit ladder of the pool after going off the diving boards. See Rule B.4. above.
8. No goggles should be worn when going off diving boards.

F. Swim Test

A swim test will be given to any child wishing to swim independently in the main pool or use the diving boards. The test will be administered by the Pool Manager or his/her designee. After successful completion of the test the child will be issued a “swim bracelet” and a record will be kept at the front desk of the child’s accomplishment. The swim bracelet must be worn by the child when swimming in the main pool.

To successfully complete the Swim Test, the child must:

1. Swim the length of the pool without resting on the side or bottom of the pool.
2. Tread water continuously for one minute.

The Swim Test will be administered during swim breaks. Please see the Pool Manager if you wish your child to take the test.

PLEASE NOTIFY POOL MANAGEMENT OF ANY VIOLATIONS OF THESE RULES

*County requirement

Approved by Highland Park Board of Directors:
May 10, 2007