



# Pool Rules

## Pool Hours:

Summer (Memorial Day – Labor Day): *5am-11pm*

Autumn/Winter/Spring: *6am-9pm*

Parents are responsible at all times for their children. Children under 14 may not swim unless there is a lifeguard on duty or they are accompanied by an adult. This is a state law. Members are responsible for damage to Club property caused by their children or guests. Parents are responsible for seeing that their children know and obey Club rules.

**The lifeguard and FTSC staff have the authority and responsibility to enforce all pool rules**, including revoking swimming privileges and sending individuals out of the pool area if rules are disregarded. The lifeguard may restrict use of the pool in crowded conditions or alter the rules to ensure the safety of swimmers. Each Member has the responsibility to support the lifeguard while he or she is enforcing the rules.

## General Rules

- No eating, drinking or gum is permitted in the pool or locker rooms.
- Glass containers are not permitted on the pool deck.
- No squirt guns or NERF guns are allowed at the Club.
- No large pool floats are allowed in the pool.
- Only lifeguards may occupy lifeguard chairs or lifeguard stands.
- Members and guests are not permitted in the pool equipment rooms.
- Children in the locker rooms must be supervised by their parent or caretaker.
- Please keep showers brief (5 minutes).

## Do not:

- Swim under the pool covers.
- Run on the concrete or into the pool.
- Dive from the side of the pool.
- Push anyone into the pool or under the water.
- Hang on the lane lines, flag lines, or diving board.
- Occupy the lap lane when lap swimmers are present.
- Apply sunscreen inside the clubhouse or locker rooms, it will degrade the mats. Please apply outside.
- Dive or jump from starting blocks, except during team practice or with lifeguard permission and supervision.

## Swimming When A Lifeguard is On Duty

- The pool is open for all Members, their children, and their registered guests.
- Parents are responsible for the safety of their children in the pool.
- Except for the wading area, the pool is open only to those who can swim the length of the pool. Children who cannot swim the length of the pool must be accompanied by an adult.
- Adult swim will be called the last ten minutes of each hour. During adult swim, all swimmers must be age 14 & older; all children under the age of 14, including those with parents in the pool, **must exit for 10 minutes**. These 10 minutes not only give the lifeguard a break, but is also a good time for children to use the bathroom, apply sunscreen, hydrate or eat a snack, and allows adults to swim peacefully.

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**Swimming When No Lifeguard is On Duty**

- Children under 14 years old may not swim unless supervised by an adult.
- Any person using the pool does so at his or her own risk.

**Swimming When the Clubhouse is Closed**

- Any person using the pool does so at his or her own risk and with the understanding that staff assistance in obtaining emergency care is not available.
- The Club grounds are closed at 11 pm. No one is permitted in the pool or on the grounds between 11pm and 5am.

**Wading Area**

- Use of the wading area is primarily for young children and their parents.
- All children must be closely supervised by an adult.
- Children 2 and under, and those not yet potty-trained, MUST wear waterproof diaper or waterproof pants over diapers. See the front desk for disposable swim diapers or to purchase reusable swim diapers.
- Children 2 and under, and those not yet potty-trained, are not permitted in the main pool.

**Diving Board**

- Must be supervised by an adult or lifeguard.
- Only one person allowed on the board at a time.
- Only one bounce on the board allowed.
- Jump or dive straight ahead.
- No swimming in the diving well when others are diving from the board.
- Exit at the ladders only.

ENJOY AND THANK YOU!