



AOAC Pool Rules

1. No food, drink, gum or tobacco in the pool or locker room area.
2. Street shoes are not allowed on deck. "Pool booties" are available in the hallway.
3. Shower before entering pool, and after using the restroom facilities.
4. Hair past shoulders must be tied back.
5. Please refrain from: • Running • Rough play • Diving in the shallow end • Distracting on-duty lifeguards • Spitting and spouting water • Hanging on the lane lines/ropes and blocks • Bringing in glass or other materials that may shatter
6. Swim diapers are required for children who need them...regular diapers are not allowed.
7. SWIMMERS AGE 3&UNDER MUST SWIM WITH AN IN-WATER ADULT BUDDY. NON-SWIMMERS 4&OVER CAN SWIM WITH AN ADULT BUDDY IN THE SHALLOW END OR IN OUR 3' LEARN TO SWIM ZONE WITH A LIFEJACKET. SWIMMERS THAT WANT TO SWIM IN THE 4'-12' AREAS MAY BE REQUIRED TO PASS OUR 10 METER SWIM TEST. No flotation devices in the deep end please!
9. Ask a manager or lifeguard for any toys. All toys are to be kept in the shallow end outside of the lane lines. 10. If you would like a swim table, please ask a manager on duty to put one in the pool.
11. Ask before using training equipment. Training equipment (fins, kickboards, etc.) is to be used for training purposes in the lap lanes only.
12. While using the starting blocks, please jump straight out. Please no flipping or twisting.
13. If any accidents occur, please notify a manager immediately.
14. Pool may be cleared 5 min. before posted closing time.
15. We reserve the right to alter rules or revoke privileges due to attendance and/or if patron safety is at risk.