

# **FALLING SPRINGS CENTER**

## **INDOOR POOL RULES**

- Lifeguards are on duty to enforce rules and regulations and to respond to emergencies.
- Parents/Guardians are responsible for the actions and behaviors of their children.
- Children 4 years and under must be directly supervised in the pool, WITHIN ARMS REACH AT ALL TIMES, by a responsible parent or guardian.
- Children ages 5 to 11 years old must be accompanied by a responsible individual 16 years or older while in the pool area.
- Proper swim wear is required – No jeans, cut-offs, street clothes or undergarments.
- Showers are required prior to entering the pool per Kentucky State Health Codes.
- No running, pushing, wrestling or rough play in locker rooms, showers, pool or pool area.
- Diving is permitted in designated areas only and divers must follow the rules posted near the diving boards. Dive blocks are for swim teams or swim lessons participants during scheduled practice or class times only.
- Inner tubes, floats and noodles are prohibited. Swim equipment and toys are permissible at the discretion of management, depending on the number and ages of patrons in the pool.
- Water wings and other inflatable floats are not allowed. Coast Guard approved lifejackets or floatation devices are permitted.
- A swimming ability test may be required before entering the deep water or using the diving board.
- Swim diapers or plastic pants are required for participants who are diaper dependent. Diaper changing on or around the pool deck is prohibited.
- No spitting, spouting water or blowing the nose in or around the pool.
- Lap Swimmers will be required to share lanes and circle swim when needed.
- Food and drink in plastics containers only. No glass containers.
- Swimmers with open sores or wounds or who have had diarrhea within the last 24 hours are not permitted in the water in accordance with Kentucky State Health Codes.
- Smoking in or within 15 feet of the entrance to any city-county owned facility is prohibited.
- No unsanctioned private lessons, coaching or selling of goods or services is permitted.

# **FALLING SPRINGS CENTER SWIM & DIVE TEAM POOL RULES**

- Lifeguards are on duty to enforce rules and to respond to emergencies. If they are in the lifeguard chair, please do not engage them in conversation unless there is an emergency.
- Coaches/Instructors are responsible for the actions and behaviors of their team.
- Swimmers/divers must follow all facility rules, in addition to rules listed here.
- All swimmers/divers must listen to, show respect for and follow the instructions of facility managers, lifeguards and any other staff on duty. They are here for your safety and the safety of our patrons. You will receive one call to attention for breaking a rule, the second time is a warning, a third offense is a 20-minute removal from the pool.
- Swimmers/divers must enter and exit the water according to their practice times listed in the Swim Team contract provided to and signed by the team's Coaches and/or Board.
- Swimmers/divers are not allowed to sit, stand, or hang on lane lines. Please respect facility equipment and property of others.
- Swimmers may only use the dive blocks if a coach is present. Divers may not perform any dives other than what is listed on the diving board rules sign unless a coach is present.
- No running, pushing, wrestling or rough play in locker rooms, showers, pool or pool area.
- No spitting, spouting water or blowing the nose in or around the pool.
- Food and drink in plastics containers only. No glass containers.
- Swimmers/divers with open sores or wounds or who have had diarrhea within the last 24 hours are not permitted in the water in accordance with Kentucky State Health Codes.
- Falling Springs Center, in accordance with recommendations provided by the American Red Cross, follows National Weather Service guidelines regarding what to do if lightning is seen or thunder is heard.
  - At the sight of lightening or sound of thunder everyone must exit the pool immediately and remain out of the water for 30 minutes.
  - At every sight of lightening or sound of thunder, the clock will reset another 30 minutes.
  - If your team decides to wait for the pool to reopen, all swimmers/divers must wait in the bleachers.
  - We take the safety of our patrons seriously. Our lifeguards have been trained and are held to the highest standard of judgement and will not make a call to close the pool unless absolutely necessary.