



# RECREATION SWIM RULES

- Participants **under 18** years old must sign in with an adult (18+).
- Participants **under 13** years old must be actively supervised by a responsible adult (18+).
- Participants **under 5** years old must have an adult (18+) in the water within arm's reach at all times.
- Obey the lifeguards and facility staff.
- Swim assessment are required for anyone under 18 years old to enter the deep end or to go past chest-deep water.
- Swimmers who cannot swim or support themselves in the water must remain in **chest-deep water or arms reach of an adult (18+)**.
- **US Coast Guard** (USCG) approved life jackets are allowed and available for public use; please ask a lifeguard for assistance. **Lifejackets are not allowed in the deep end.**
- Non-USCG approved flotation devices (i.e. water wings, inner tubes, padded suits) are not allowed.
- No running, diving, roughhousing, underwater breath-holding, chicken fights or "piggyback" rides.
- Swimmers may jump in the pool feet first, facing forward; no twisting/spinning.
- Toys (and balls) are only allowed in the pool at the discretion of the lifeguards.
- Infants and non-potty-trained persons must wear proper swim diapers.
- Appropriate swim attire is required:
  - **Allowed:** swim trunks, swimsuits, athletic apparel, jammers, swim shirt/rash guards, wetsuits, swim diapers
  - **Prohibited:** cotton, denim, undergarments, excessively baggy or soiled clothing, beaded jewelry, clothing with metal features such as zippers, rivets, or chains
  - Our swim attire policy has been established to provide swimmers with a safe and inclusive experience, while protecting the pool system from contaminants and damage (i.e. cotton fibers clogging pool filters). If you require special accommodations, please contact aquatic staff.