

## POOL SAFETY/RULES

### Age & Health:

Washington State Health Department Regulations stipulates that it is unlawful and unsanitary to change a baby's diaper on the pool deck. Changing stations are provided in both the men's and women's locker rooms.

Infants/children who are not toilet trained and adults who are incontinent must wear a clean diaper or disposable swim diaper covered by separate rubber/vinyl pants before entering the pool.

1. No one is allowed in the pool unless a lifeguard is on duty. Please respect the lifeguards on duty.
2. All swimmers must shower before using the pool.
3. No one should use the pool if they have a communicable disease.
4. Please refrain from running, rough-housing, dunking, hanging/ sitting on the ropes, throwing objects & other dangerous play in the pool.
5. No diving off the pool deck into shallow end of the pool. Backwards jumps are allowed from the board only.
6. No glass objects or gum on the pool deck.
7. No food in the pool.
8. No band aids or regular disposable diapers in pool.
9. Please only wear appropriate bathing apparel in the pool. No cutoffs are allowed. Clean t-shirts are permitted.
10. Do Not Swim Under the Influence of Drugs or Alcohol.
11. Music and radios on the pool deck may be used but cannot interfere with others enjoyment of the pool. Please refrain from loud noises.
12. Baby pool is for children 6 and under. Children MUST be supervised by an adult at all times when in the baby pool.
13. No walking on or jumping off of the baby pool wall.
14. For their safety, please DO NOT leave children 10 & under or non-swimmers unattended. Children 10 & over may be asked to pass a swim test before they can be left unsupervised.
15. Snorkels may only be worn with goggles.
16. The use and size of floats is at the discretion of the lifeguards and depends on the number of swimmers in the pool.

17. Kickboards are to be used only by lap swimmers, swim team and swim lessons.
18. Only swimmers, ages 18 + may use the pool during Adult Swim. Adult swim is daily from 4:00-4:30pm except on days Edgebrook hosts home swim meets. (weekends only until June 21<sup>st</sup>)
19. Lap lane must be kept clear for lap swimmers. Adults have priority for using lap lanes.

### **DIVING BOARD SAFETY**

1. Swimmers must stay out of diving area when it's in use. Always check with the lifeguards before using the diving board.
2. Only one person on the diving board at a time.
3. No sitting on, or hanging from the board. Please do not climb onto the board from the side. Use the ladder provided.
4. No running on the board and only one bounce is allowed.
5. Jump or dive straight ahead when going off the board. Then quickly swim out of the way to the nearest ladder and climb out.
6. Swimmers waiting to use the board must wait until the diving area is clear before they step on the board for use.
7. When jumping from the side of the pool, please do so only from the same wall as the diving board. Check with the lifeguards if you have any questions.
8. Children who wish to jump from the board should be able to surface without help. Parents may help their children reach the wall from the side of the pool.
9. Parents should not wait in the water and catch their children from under the board. This is a safety hazard.
10. When in doubt, please ask a lifeguard for help or to answer any questions.