

# INDOOR POOL

(Updated 01/11/23)

- Lifeguards are responsible for enforcing all rules and have authority to deny use of the pool for either safety reasons or any infractions of the rules.

## ATTIRE

- According to the state of Ohio, the wearing of lined bathing suits is not required in public swimming pools. However, certain rules pertaining to attire are in effect at this facility. Patrons are always encouraged to wear a lined bathing suit.
- Appropriate swim wear is required. This includes bathing suit, shorts, swim trunks, board shorts, rash guard, wet suit, short or long sleeve shirts and/or tights made of synthetic material such as Lycra or Spandex.
- T-shirts may be worn, except when using the slides and diving boards. Only "Rash Guard" (tight) shirts may be worn in the slide and diving boards.
- Infants who are not potty trained and adults who are incontinent must wear a swim diaper and swim suit at all times. Diapers may not be changed on the pool deck.

## AGE & HEALTH RESTRICTIONS

- Monitoring your child/children remains your responsibility even if lifeguards are present.
- Children under 14 years of age must be accompanied by a responsible adult (18 or over) who shall directly supervise them in the facility.
- Children under 5 years of age must have an adult (18 or over) within arm's reach of them at all times, or be able to pass a swim test.
- Groups bringing children to the facility must have at least one adult per every 5 children and are responsible for the supervision of those children. Adults in swim attire must directly supervise children poolside.
- Persons having a communicable disease, skin disease, open (unhealed) sore, inflamed eyes, cold, nasal or ear discharge, or who is wearing any type of bandage or band aid is not permitted in the water.
- Persons that are bleeding or experiencing diarrhea are not permitted in the water. Persons with diarrhea should wait 2 weeks after symptoms end before returning to the pool.
- All injuries should be reported to the GRC staff

## **WEATHER AND ENVIRONMENTAL CONDITIONS**

- When lightening has been seen, or when thunder has been heard, or when the Lightning Detection System states that lightening is within 0 – 8 miles, the lifeguards will adhere to the National Lightning Safety Institute recommendations. The pool will close and staff will evacuate patrons from the pool and deck. The pool will re-open provided that there has been no lightening/thunder detected for a minimum of 30 minutes.
- In the event that the pool water is “contaminated” or the pool water chemistry needs adjusting, the pool may be shut down for an indefinite period of time to allow staff to correct the problem(s).

## **SWIMMING LESSONS**

- Only Recreation Department Staff are authorized to teach swimming lessons within our facilities. Group Swim Lessons are offered at the facility. Private/Semi-Private Lessons are offered when staff are available.

## **GENERAL INFORMATION**

- The indoor pool will be closed two to three weeks each summer for scheduled maintenance and repair.
- The indoor pool has varied open swim times due to accommodating a variety of aquatic needs, including swim lessons, swim teams, water fitness programs, special swims, lifeguard training and rentals. Different amenities may not be available and/or lap lanes may be limited at times. Please check the monthly pool schedule closely to ensure your aquatic needs will be met.

# POOL RULES

- Swimming is only permitted when lifeguards are on-duty.
- The GRC and lifeguards reserve the right to limit access to any parts of the pool due to safety concerns.
- Lifeguards may request swimming competency through a swim test at any time. Those unable to pass a swim test will be asked to remain in shallow water, or use a life jacket while in deep water.
- Patrons shall not behave in a manner that jeopardizes the safety & health of themselves and others. Horseplay will not be permitted.
- Abusive/profane language is not permitted.
- Spitting, spouting of water, blowing nose, or other unsanitary actions are not permitted.
- Socializing with or distracting lifeguards from their duties is not permitted. Refer all questions to Head Lifeguard, Supervisor or Aquatics Manager.
- Prolonged underwater swimming or “breath holding” is not permitted.
- Diving is only permitted at the deep end (12ft) section of the pool between starting blocks.
- Starting blocks are not for public use.
- Back dives, flips, can-openers, cartwheels or forcing others into the water from any side of the pool is not permitted.
- Jumping is not permitted off pool ladders.
- Only bottled water is permitted on the pool deck (no food or **glass containers**).
- Only lifeguards are permitted on the lifeguard stands.
- Non-swimmers are not permitted in the deep end of the pool without a lifejacket.
- No running is permitted on pool deck.
- Mermaid tails are not permitted.
- Only service animals as defined in rule 334-79-02 of the ORC will be permitted in the pool area.
- Pool use is for members/day pass holders only.

## **LAZY RIVER**

- Use of lazy river is restricted to persons 42 inches and taller. Persons must also be able to swim unassisted to the exit.

## **EQUIPMENT AND TOYS**

- Patrons may bring their own life vest for use at the facility. All life vests must be U.S. Coast Guard Approved.
- Adults may use water noodles, kick boards & other approved pieces of water exercise equipment during water exercise.
- Inflatable items, squirt guns, hard balls & snorkels (not used for training or swimming laps) are not permitted.
- Please do not sit, hang or play on ropes, lane lines and pool ladders.

## **LANE AREAS**

- The lane lines are for continuous lap swimming only.
- Persons using the lap lanes must be able to swim a full length of the pool without assistance and without stopping.
- Holding on to a fellow swimmer, lane line or wall is not permitted.
- Swimmers may be required to share lanes. If sharing a lane, swim in a counter-clockwise circle direction.
- Stopping in the lanes is only permitted on the end walls. Breaks should be kept short. Please do not interfere with other swimmers attempting to turn in the pool.
- Starting blocks are for swim team and swim lesson use only.

## **FROG SLIDE**

- Slide feet first only.
- One rider at a time.
- Wait to slide until the landing area is clear.
- An adult must supervise children under 6 years of age.
- No running on or around the slide.
- Do not climb on the frog or nets.
- Designed for children 10 years of age & under.