

# Pool Use Guidelines



## Open & Family Swimming at THPRD Swim Centers

Unstructured recreational swim for all ages.

*Open: Children under 7 yrs. must be with an adult.*

*Family: Guests 17 yrs. and under must be with their parent.*

### General Guidelines

- Guests are required to take a head to toe shower before entering the pool.
- Street clothes and street shoes are generally not allowed on the pool deck.
- Guests not swimming must observe from the spectator section.
- Food is allowed in designated areas only; no glass containers allowed in the pool area.
- No rough-housing, fighting and pushing people into or pulling people out of the pool.
- Please walk in the pool area.
- No outside instructors may teach private swimming lessons at THPRD pools; no individual may profit from the use of a Park District Facility.
- No prolonged breath-holding.
- Guest 14 years and under must pass the swim test in order to utilize the deep-end of the pool.
- Public shower use may be determined by programs at each facility.

### Children

- A non-swimming child is one who cannot touch and cannot pass the swim test.
- Parents/Guardians must be within arm's reach of a non-swimming child regardless of the child's age.
- For safety, a parent or guardian may only take a non-swimming child as deep as the parent or guardian can stand, even if the child is wearing a lifejacket.
- A guardian must be at least 15-years old to supervise children.
- Children under 7 years of age must have a parent/guardian in the water with them at all times.
- Children under 10 years of age must have an adult in the building with them at all times.

### Lifejacket Rules

- Properly fitted lifejackets may be used at THPRD Facilities; a lifejacket must be a US Coast Guard approved lifejacket to be used at the facility.
- Children 6-years and younger, or children who stand less than 43 inches from the chin, must stay within the arm's reach of a parent/guardian while in a lifejacket.
- Children 7-years and older, or taller than 43 inches from the chin, may swim further than an arm's reach from a parent/guardian, but remain in the shallow-end of the pool.
- If the lifejacket is removed, the child must stay in water that is chin's depth or shallower, otherwise the child must be able to pass a swim test.
- Lifejackets are allowed on water slides, inner tubes, mats, and noodles while in the shallow end.
- Lifeguards may suggest the use of a lifejacket for your child's safety.
- Parents with more than two non-swimmers will be asked to put children into lifejackets. Parents cannot swim with more than three non-swimmers in lifejackets without more adult supervision.

### Swim Test

- The swim test consists of demonstrating that the swimmer can swim on their front and back for 25 yards each, with strong forward progression without the use of goggles. Swimmer must also demonstrate comfort in the water by doing at least one full bob.

### Jumping and Diving

- Please face the pool when jumping or diving; no spins, backwards jumps, dives, or gymnastic stunts off the side of the pool.
- Diving is allowed in water deeper than 5 ½ feet.
- Jump feet first only.

### Mats and Tubes

- Based on the number of guests, the Head Guard may limit the number of mats/tubes and isolate them to certain areas of the pool.
- Mats should remain flat on the water and away from the walls and each other.
- Standing or kneeling on the mats is prohibited.
- No stacking the mats/tubes on top of each other.

- Goggles and flippers are ok while on mats or tubes.

## **Equipment and Flotation Devices**

- Outside toys are permitted at the Head Guard's discretion, based on number of guests.
- Kickboards may be used in Open Swims at the Head Guard's discretion as long as they are used appropriately.
- Equipment and balls are not to be thrown at other people.

## **Diving Board**

- One person on the board at a time.
- Wait until the person in front of you has reached the wall before going off the board.
- Jump or dive from a standing position only, and jump directly off the front of the board.
- Only one bounce or one step hurdle before going off the board. No running off the board.
- Swimmers need to move out of the diving area quickly after they have jumped from the board.
- Goggles are prohibited on the diving board.

## **Basketball Hoops**

- All shots must be made from the water; no shooting or dunking from the deck.
- Do not hang on the rim or net, and do not adjust the hoop.
- No hard-bound balls allowed (basketballs, water polo, etc)

## **Site-Specific Rules**

### **Slide (Conestoga)**

- Wait at the bottom of the stairs until lifeguard at top says it is okay to come up the stairs.
- Riders must be 3 ½ feet from the chin down, pass the swim test, or have a parent catch them.
- Only one person at a time unless parent is riding down with a small non-swimmer.
- Children 2 years and under, who are shorter than 43 inches from the chin, must ride down with an adult.
- Riders may not go down the slide head first or on their stomach.
- Goggles are not allowed on this slide.

### **Small Slides (Aloha, Beaverton, Sunset, Raleigh, and Somerset)**

- Wait on the deck until lifeguard says it is clear.
- Riders must be less than 150lbs and under 12 years old.
- Riders may not go down the slide head first or on their stomach.
- Goggles are allowed on these slides.

### **Rope Swing (Conestoga and Aquatic Center)**

- Swim test is required for users under 14 years old.
- Drop into the pool before you swing back toward the deck.
- Swim to the wall or other side of the rope quickly to allow next swimmer to swing
- Do not climb the rope.

### **Platforms (Aquatic Center)**

- One person jumping from each platform at a time.
- Two people are allowed to be on each open platform:
  - One in front, and one waiting at the back.
- Swimmers are not allowed to wait on the stairs leading up to the platforms.
- No running on or off the platforms.
- The top platform (10M) is open to those 15 and older during designated times. When it is open, the other platforms are closed.
- You must swim directly to the ladder under the platforms after entering water. Do not swim in front of any other boards or equipment.

### **Rock wall (Beaverton)**

- Guests must pass the swim test.
- One person at a time.
- Anyone waiting to climb the wall must hang onto the edge of the pool to the side of the rock wall, at least 2 bodies away. No swimming around/in front of it when in use.
- Use the grips, not the edge of the wall, to climb. Do not grab the top of the wall either, if successful.
- No goggles while climbing the wall.

- Drop feet first when you let go of the wall.

## **Inflatable Equipment**

- **General Requirements**
  - Guests must be able to pass the swim test to use the Jungle Joe and Aqua Challenge equipment.
  - Swimming under the inflatable is not permitted.
  - Sliding down and jumping off must be done feet first; flipping/spinning/diving is not permitted.
  - No sharp objects will be allowed on the inflatables. Jewelry can be asked to be removed if it is deemed potentially damaging to the inflatable or any guest.
  - Anyone pushing another person off the inflatable will not be allowed to use the equipment for the remainder of the swim session.
  - Guests will form a line on deck to wait for their turn on the Aqua Challenge or space on the Jungle Joe. Wait for lifeguard to signal when the next guest may use the equipment.

## **Jungle Joe (Aquatic Center only)**

- **Specific rule for Use by general public:**
  - Minimum age requirement is 6 years old.
  - Each guest will be asked to climb up and reenter the water within a reasonable amount of time to allow other guests use of the equipment. Guards will limit guest time in or on the Jungle Joe when busy.
  - Guests will be allowed to attempt to climb the Jungle Joe once each turn. If unsuccessful, return to the line for an additional turn.

## **Aqua Challenge/Wipeout (Various locations)**

- **Specific rules for use by general public**
  - No more than three people on the equipment at a time.
  - Guests may not try to climb back on the equipment when they fall off.
  - Guests must clear the splash zone as soon as they fall off.

## **Wading Pool (Sunset)**

- Parents must actively supervise children at all times
- Children 6 years and under may use the wading pool.
- NO pulling or hanging from the water features
- Please enter the Wading Pool deck from the hallway adjacent to front entrance; the deck doors are for staff only.

## **Lap Swim Etiquette**

- Continuous swimming is required during lap swim except while resting at the wall.
- Swimmers must use the swim pattern that is described at each facility regardless of the number of swimmers in each lane. In general, swimmers go away from the designated lap sign and return back either to the right or left of the black lane marker on the pool bottom.
- Please allow faster swimmers to pass you at the walls.
- Swimmers are asked to order themselves by swimming pace in appropriately marked lanes: Slow, Medium, Fast, Sprint. Lifeguards will ask swimmers to move accordingly.
- Water walking is allowed only in designated lanes and during designated times of the day.
- Staff members kindly ask you to replace the equipment that you have taken out to use.

## **Groups**

- During Open Swims, large groups (day cares, camp programs, scouts, school classes, etc) are requested to give advance notice to the Program Coordinator/Center Supervisor. These groups are required to follow the supervision ratios appropriate for the age and swimming abilities of the children. These ratios are pre-determined at the time their group is scheduled. The supervisors of these children are considered their “guardian” for the duration of their stay. Any concerns (safety or behavioral) must be reported to the supervisor (guardian) of their group.

## **Pool Capacities**-(determined by number of guards & pool space available)

Aloha Swim Center	120	Beaverton Swim Center	175
Aquatic Center	400	Conestoga Rec/Aquatic Center	150
Harman Swim Center	120	Sunset Swim Center	120
Raleigh Swim Center	120	Somerset Swim Center	80

*\*Program Coordinators/Head Guards, at their discretion, may reduce the capacity, based on the activity in the pool.*