



Conestoga Pool Rules-COVID Guidelines

General Guidelines

- A mask or face covering must be worn to enter the facility. It can be removed during showers and when in the pool but must be worn at all other times.
- All participants need to stay socially distanced from anyone not in their household.
- Appropriate swimwear is required. No T-shirts or cut off shorts. They must arrive in their swimwear.
- All patrons are required to take a head-to-toe shower before entering the pool.
- No foods, beverages, gum, or glass containers allowed in the pool area or locker rooms.
- No rough housing or fighting in the facility.
- No prolonged breath-holding.
- Please walk in the pool area.
- No spectators are allowed. Everyone coming into the building must have a reservation. The only exception is for anyone that needs an aid person.

Children

- Children under 7 years old must always have a parent or guardian in the water with them.
- Parents/Guardians must be within arm's reach of a non-swimming child regardless of the child's age. This includes children in flotation.
- Only three non-swimming children per one adult in the slide pool.
- A non-swimming child is one who cannot touch the bottom of pool or cannot pass the swim test.
- For patron 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 flotation device.
- A guardian must be at least 15 years old to supervise children

Recreational Swim

- This is an unstructured recreational swim for all ages in the slide pool.
- Up to 6 people from a household share the slide pool with one other household of up to 6. The two households must remain socially distanced from each other. Each will have a different colored wrist band.

Jumping into the slide pool

- Please face the pool when jumping: no spins, backwards jumps, or doing gymnastic stunts off the side of the pool.
- Diving is not allowed anywhere in the slide pool.

Equipment and Flotation Devices

- Outside toys are permitted at the Head Guard(s) discretion, based on number of patrons.
- Water wings, properly attached life jackets, and flotation suits (those that are physically attached) are permitted, but only with Parental Supervision and at arm's reach.
- Other equipment (kickboards, balls, etc) will not be loaned out during lap or recreational swims.

Slide

- Wait at the bottom of the stairs until lifeguard at top says it is okay to come up the stairs.
- To ride alone, 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.
 - The child must ride in front of the adult, facing forward.
- Riders may not go down the slide head-first or on their stomach.
- Lifejackets can be worn down the slide. The swimmer will be considered a non-swimmer, regardless of age.
 - If they do not meet the height requirements, they must still ride with an adult.
 - If they do meet the height requirements, they must have a parent “catch” them.
- Goggles are not allowed on the slide.

Lap Swim

- Lap swim is designed for exercise only. Aqua jogging and water walking is allowed. This is not designed for open swim activity.
- Children who are 7 to 9 years old must have a parent swimming with them in their lane and must be able to swim the length of the pool unassisted.
- Children 10 and up may swim by themselves and do not need a parent in the building. They must be able to swim the length of the pool unassisted.
- Swimmers may share a lane with up to 2 members of their household only. If there are 3 members in the lane, they should circle swim.

Water Walking

- Water walking is designed for exercise only. This is not for open swim activity.
- Water walkers may share a section with up to 2 members of their household only.
- Children must be at least 7 years old for this activity since it is for exercise not play.