

POOL RULES

RUSCH and ANTELOPE POOLS

Patron Attire

- ❖ Traditional swim suits only with no frayed edges. Street clothes and cut offs are not allowed in the water.
- ❖ Snorkels, fins, toys, and non-approved floatation devices may not be used in the pool.
- ❖ Properly fitted US Coast Guard approved Type I & II lifejackets are only permitted in designated areas. Children wearing lifejackets must be within arm's length of a responsible person at least 16 years or over.
- ❖ T-shirts may be worn in the water if they are intended for sun protection and if they are proper fitting so as not to hinder the swimmer. Waterproof sunscreen is available for purchase.
- ❖ All swimmers must be free of visible dirt, mud or debris before entering the pool.
- ❖ No dangling earrings or loose jewelry.
- ❖ All children who are not potty trained, must wear swim diapers, disposable diapers are prohibited. There are Lil' Swimmers swim pants available for purchase at the Cashier Booth.

Patron Behavior

- ❖ No running on pool deck or grass.
- ❖ Food and drinks may be consumed on the grass areas only.
- ❖ No smoking within the fenced pool area.
- ❖ No fighting.
- ❖ Patrons may not sit any closer than six feet to the edge of the pool.
- ❖ No animals/pets within the fenced pool area.
- ❖ No snapping of towels or other rowdiness in the pool area.
- ❖ Radios, tape or CD players must be kept on the grass area and volume must be kept low.
- ❖ No playing in the bathrooms, showers or bleacher areas.
- ❖ Throwing of baseballs, footballs or other objects is not allowed within the fenced pool area.
- ❖ Personal possessions must not block pool exits, gates or doorways.
- ❖ Patrons may not distract the lifeguards or block their vision.
- ❖ No playing on or around the lifeguard stands.
- ❖ Foul or otherwise offensive language is not allowed.
- ❖ Vandalism will not be tolerated and may result in a pool suspension.
- ❖ The District is not responsible for lost or stolen items.

Water Safety Rules

- ❖ Children under the age of 8 must be accompanied by a responsible person at least 16 years and over while in the water.
- ❖ Non-swimmers must stay in shallow water within arm's reach of the side.
- ❖ When jumping from the pool edge, make sure area is clear and jump feet first with legs straight.
- ❖ Twists, back dives, flips, cannon balls and other splash dives are not allowed from the pool edge.
- ❖ Diving is allowed only in the designated deep areas of the pool.
- ❖ Arms must be kept in forward position while diving.
- ❖ Do not jump or dive or around other swimmers.
- ❖ Swimmers must dive directly out from the wall.
- ❖ Do not play on or around diving blocks.
- ❖ Purposeful, excessive splashing is not allowed.
- ❖ Do not spit or spout water.
- ❖ Do not hang on, swing on, or sit in front of ladders.
- ❖ Swimmers must keep the area around the ladders clear.
- ❖ Swimmers may not ride on other swimmers' backs or shoulders.
- ❖ Do not pull on the arms or legs of other swimmers.
- ❖ Handstands may be done only in uncrowded areas away from walls and other swimmers.
- ❖ Do not hook legs or feet over the side of the pool.
- ❖ Hanging onto or diving over the lane ropes are not allowed.
- ❖ Laying down on the stairs is not allowed.
- ❖ Jumping or diving onto or off the stairs at Antelope is not allowed.
- ❖ Dead man floating and hypoxic (breath holding) games are not allowed.
- ❖ No piggy-back rides. Adults supporting non-swimming children must keep them in front in a controlled manner.
- ❖ Small children, brothers and sisters, may not support non-swimmers.

- ❖ Yelling for the lifeguard is not allowed except in emergency situations.
- ❖ A struggling swimmer or person needing help must be brought to the lifeguard's attention.

Dividing Board Rules for Rusch Pool

- ❖ The diving boards may be used only by swimmers capable of swimming the length of the diving pool.
- ❖ Wait behind the red line until swimmer before you is off the board and past the flags.
- ❖ Do not skip, step or swing on the hand rails.
- ❖ Do not adjust the fulcrums.
- ❖ Only one approach and bounce on the board.
- ❖ After entering the water proceed as quickly as possible past the flags and exit the pool.
- ❖ No backward dives. All jumps or dives must be done facing forward.
- ❖ Inwards dives/gainers are not allowed.
- ❖ It is preferred that T-shirts be tucked in when going off the diving boards.

Waterslide Rules for Antelope Pool

- ❖ Maximum operational load – 1 person, 300 lbs.
- ❖ Children under 48 inches tall are not permitted on this ride.
- ❖ Eyeglasses must be securely affixed to riders with head straps.
- ❖ Swim wear with exposed zippers, buckles, rivets or metal ornamentation is not permitted.
- ❖ Only one rider to enter the flume at a time. Single riders only!
- ❖ Never form chains.
- ❖ Do not run, dive, stand, kneel, rotate or stop in the slide.
- ❖ Riders must wait for the attendants start signal before starting the ride.
- ❖ (AQUATUBE – Blue Slide) Slide must be ridden feet first lying on your back with legs firmly crossed at the ankles and arms folded across the chest (to prevent elbows contacting flume).
- ❖ (AQUATUBE – Blue Slide) Do not uncross your legs or attempt to sit up until you come to a stop in the pool.
- ❖ POOL RIDER (Green Slide) – Slide must be ridden feet first lying on your back or in a sitting position (sit up to go slower, lie down to go faster).
- ❖ At the end of the slide, obey all instructions by Lifeguard/Staff member and exit quickly.
- ❖ When exiting, do not block the end of the slide. Leave the Splash Pool quickly and orderly. No swimming or flotation devices allowed in the Splash Pool.
- ❖ Caution: For safety reasons, pregnant women and persons with heart conditions or back trouble should not ride this slide.

AquaPlay Structure Rules for Antelope Pool

- ❖ Maximum operational load – 1 person, 300 lbs. each slide at a time.
- ❖ Children under 36 inches tall are not permitted on slides.
- ❖ Eyeglasses must be securely affixed to riders with head straps.
- ❖ Swim wear with exposed zippers, buckles, rivets or metal ornamentation is not permitted.
- ❖ Only one rider to enter the flume at a time. Single riders only! Never form chains.
- ❖ Slide must be ridden feet first lying on your back or sitting facing forward.
- ❖ Riders must wait for the ride to be clear before starting to ride.
- ❖ Keep arms and hands inside the flumes at all times.
- ❖ Do not run, dive, stand, kneel, rotate or stop in the slide.
- ❖ Do not block the end of the slide.
- ❖ Leave the landing area quickly.
- ❖ Caution: For safety reasons, pregnant women and persons with heart conditions or back trouble should not ride this slide.

Emergency Situation Rules for Patrons

- ❖ If a long whistle blast or air horn blast is heard, all patrons must exit the pool area and sit along the fence area nearest the grass or bleacher areas.