

# Pool Regulations

## Lifeguard is in charge at all times!

- **No swimming if a lifeguard is not present on deck.**
- All patrons must show proper identification.
- MWR Aquatics programs and classes take precedence for lane and pool use.
- Be considerate of others, our facility and our equipment, including but not limited to:
  - Do not swim across lap lanes when someone is swimming.
  - Do not hang on lane lines. Go under, not over, the lane lines.
  - Share lap lanes and follow circle-swimming guidelines in lap lanes if there are more than two swimmers needing to use a lane.
  - Pick up all personal belongings and trash.
- Any back talk or unnecessary conversation to any lifeguard is prohibited.
- All swimmers must exit the water whenever directed to do so by a lifeguard.
- **All patrons must exit the pool area 15 minutes before the staffed facility closing time.**
- All swimmers must follow safe swimming and diving rules and must adhere to all posted rules for the slide, diving board, wading pool and facility rules.
- Patrons who do not follow these rules will first be given a warning. The second incident will force the individual to sit out of the pool for 10 minutes. If the behavior continues, the patron will be removed from the facility for the day.

## Pool No's

- No pets in the pool area.
- No music devices without headphones.
- No smoking in the pool area. Use the designated smoking areas outside the facility.
- No foul language or screaming.
- No glass containers of any kind are allowed in the facility.
- No eating or drinking on the pool deck. Food and beverages must be consumed in designated areas only.
- No alcoholic beverages of any kind allowed in the facility. Patrons under the influence of alcohol or drugs will not be allowed to swim in the pool, and will be asked to leave the facility.
- No running, pushing, acrobatics, horseplay or any other unnecessary roughness is permitted in the pool or pool area.
- No diving into the shallow end of the pool. Diving is only allowed in designated areas. All jumps or dives from the pool deck or diving board must be forward facing. No backwards or acrobatics (flips, twists, etc.) are allowed.
- No spitting, spouting of water, nose blowing or contamination of the water or the pool areas in any way.
- No hypoxic training or extended breath-holding allowed.

## Age

- **Ages 5 and younger:** The only age group permitted in the wading pool. A parent/guardian must accompany and supervise them at all times in any part of the entire pool facility. For children 4 years and younger, drowning is the second leading cause of unnecessary death so it is imperative children in this age group are monitored at all times regardless of swimming abilities.
- **Ages 10 and younger:** Children in this age group are not permitted in the facility unless accompanied by a parent/guardian age 18 or older
- **12-17 years:** Children in this age group are not permitted in the facility unless accompanied by a parent/guardian age 18 or older. Swimmers in this age group must pass the Unaccompanied Swim Test with parent/guardian present and waiver signed in order to use the facility without a parent/guardian present. (Please see Age Regulations for details of the Navy Youth Swim test).
- **17 years and younger:** Children must vacate the pool when adult swim is signaled. Groups of children must have the appropriate adult-to-children supervision ratio in the water (one adult 18 years or older per four children).
- **18 years and older:** Swimmers in this age group are permitted in the pool unsupervised, but persons of questionable swimming ability may be asked to take and pass a swim test at any time before allowed to use recreational features (slide, diving boards or deep end).

## Health

- Patrons using the pool are required to take a cleansing soap shower before entering or re-entering the pool.
- Persons wearing bandages or wound coverings or having a skin disease, open wounds or sores, inflamed eyes, nasal or ear discharge or any communicable disease are not allowed to use the pool.
- All children not toilet trained must wear plastic diaper pants or a waterproof swim diaper. No diapers are allowed in the pool for sanitary reasons.

## Attire

- Patrons must wear, and keep adjusted, appropriate bathing attire that conforms to good taste and decency.
- Female swimsuits must appropriately cover the buttocks and chest.
- No thong bathing suits, cutoffs, street clothes or T-shirts are allowed in the pool.
- Plain white T-shirts or swimming 'rash-guards' only may be worn over appropriate swimwear for medical or religious reasons.
- Female children older than 5 must wear appropriate swim wear.

## Equipment and Personal Items

- Only U.S. Coast Guard-approved personal flotation devices are permitted in the pool. However, personal flotation only are allowed to be used with direct parental/guardian supervision in the water within arm's reach.
- Aquatic toys and recreational equipment, except diving toys, are not be permitted in the pool.
- Prohibited items include, but are not limited to, any inflatables such as water wings, rafts, inner tubes and beach balls; glass dive masks; snorkels; Frisbees; boards; balls; personal pool floats; or similar items. Toys are allowed in the wading pool only with parental supervision.
- Equipment is allowed for lap swimmers or MWR classes only.
- Equipment must be returned to its proper storage place after use.
- Workout equipment will be confiscated from anyone misusing the equipment.
- Swim lesson equipment or water aerobics gear is not for personal use.

Any regulation not included in the above list is up to the discretion of the supervisor on duty for the purposes of prevention and safety.

Pool regulations as per BUPERSINST 1710.11c, NAVSUPACT Naples 11106.1c and NSA Naples Home Alone Policy.

