



The following policies are for the health and safety of all swimmers.

- ◆ All swimmers **must** present their Mount ID or ARCC Membership card **and** sign in whenever using the pool during Rec Swim. Anyone without an ID card must report to Issue & Control for status validation and a temporary pass. ALL guests must be registered at Issue & Control prior to using the pool.
- ◆ Obey the lifeguard.
- ◆ **In the event of an emergency, the lifeguard will sound 3 loud whistle blasts. Please exit the pool immediately and listen for instructions.**
- ◆ Proper bathing attire must be worn. **Street clothes, T-shirts, compression shorts, sports bras, and athletic shorts are not permitted!** Please see the posted Bathing Code.
- ◆ **PARENTS - WATCH YOUR CHILDREN!**

Children age 12 and under must be accompanied by an adult (age 18 or older) at all times. If the child cannot swim 25 meters independently, the adult must be in the water and within arms-reach of the child at all times.
- ◆ **ALL NON-SWIMMERS WHO CANNOT TOUCH THE BOTTOM SHOULD WEAR A LIFEJACKET OR OTHER COAST GUARD APPROVED FLOATATION DEVICE!**

All children using a lifejacket or floatation device must be directly supervised by an adult who is in the water and within arms-reach at all times.

*The use of personally owned swim belts (as used in the Mount's instructional program) is also permitted with direct parental supervision.
- ◆ **NO DIVING IN WATER THAT IS LESS THAN 5 FEET DEEP!**
- ◆ **NO HYPERVENTILATING, EXTENDED UNDERWATER SWIMMING, OR BREATH HOLDING!**
- ◆ Children who are not yet potty-trained must wear **both** tight-fitting rubber pants **and** a swim diaper.
- ◆ **NO:**
 1. Running, pushing, dunking, horseplay, climbing on or throwing people
 2. Spitting, spouting water from the mouth, or blowing the nose in the water
 3. Rafts, inner tubes, Swimmies™, or floating boats
 4. **Food or gum!**
 5. Hanging on the lane lines
 6. Clothing and diaper changing on the pool deck
 8. Band-aids
 7. Glass
- ◆ The starting blocks may only be used during supervised swim team practices and swimming lessons.
- ◆ The diving board will only be open to the Mount St. Mary's diving team and swimming lesson participants.
- ◆ Children six years of age and older **must** use the same gender locker rooms.
- ◆ Lap lanes are reserved for lap swimming only.
- ◆ Admission to the pool will be refused to anyone with open sores; eye, ear, or nose infections; or with bandages or adhesive tape on the body.
- ◆ Only water and sports drinks are permitted in the pool area.
- ◆ Please shower before swimming.
- ◆ Anyone unwilling to abide by these rules will be denied the privilege of using the pool.

Thank you for your cooperation!