

## **Anchor Bay School District Swimming Pool Rules: Revised July 2021**

**Per the MDHHS, we will continue to monitor and enforce COVID guidelines as required by State &/or Anchor Bay School Board. At this time Masks are not required, but are highly recommended to be worn by non-vaccinated individuals.**

**Please do not visit the facility, and stay home if you are feeling sick in any way; fever, chills, nauseous, headache, recent bouts of vomiting etc.**

### **Pool Rules:**

1. For the safety and enjoyment of all participants, the lifeguard is in complete charge of the pool at all times and has final say in all rule interpretations.
2. One whistle blast from the lifeguard, all patrons must STOP, LOOK and LISTEN to the guard.
3. LONG whistle blasts from the lifeguard, all patrons must EXIT the pool IMMEDIATELY.
4. Every swimmer must take a soap shower before entering the pool.
5. Every swimmer must wear a swimsuit that has a lining. Undergarments, cutoffs and/ or gym shorts are not allowed in place of swimwear.
6. No street shoes or strollers are allowed on the pool deck.
7. Food or drink is not allowed on deck – except water in plastic containers and in designated areas.
8. Breath holding activities and/or prolonged underwater swimming is not permitted.
9. Running and horse play are prohibited on deck and in the pool.
10. NO spitting in the pool gutter.
11. No fighting
12. No hanging from Diving Board or Starting Blocks
13. Feet First entries; NO Flips, NO Twists, NO Backward Entries.

### **Swim testing:**

Any swimmer entering the deep water will be required to perform a deep-water test during recreational swims. Adults may be asked to take a swim test at the lifeguard's discretion.

Deep End Test: At Lifeguard Discretion for Safety/ Endurance:

1. Swim one length of the pool or equivalent.
2. Tread water without touching the pool sides & bottom for 1 minute.
3. Deep Water Plunge: Swimmer must jump into the deep end and recover to the surface.

Shallow Water Test

1. Float on back and roll to front.
2. Recover from floating position to standing position.

Swimmers who cannot pass either test or refuse to take either test will be issued a Personal Flotation Device (PFD). If a Child is Dependent on a Lifejacket/ PFD, a parent/ guardian must remain within an arm's reach of the child.

### **Lap Swim**

1. Swimmers should select a lane, suitable to your swimming speed when entering into a "current" lap swimmer.
2. Inform other swimmers in a lane before entering that lane.
3. When two or more swimmers are in a lane, please keep to the right side of the lane and circle swim.
4. When there are only two swimmers in a lane they may agree to swim side by side.
5. Slower swimmers must yield to faster swimmers at turns.

6. The lifeguard may ask a swimmer to move to another lane if they have not selected a lane appropriate for their speed.

### **Open Swim**

1. See swim testing policy above.
2. Only Coast Guard Approved PFDs are permitted during recreational swims. The use of these items is restricted to the shallow end of the pool.
3. Swimmers less than 48 inches in height **MUST** have a parent/guardian in the pool area. Parents must be in the pool with any child under 48 inches that did not pass the deep end swim test and must keep them within arm's length at **ALL** times.
4. Children who are not **FULLY** toilet trained **MUST** wear a swim diaper.
5. Inflatable flotation devices are not permitted.
6. The lifeguard may restrict the use of pool toys, instructional equipment and other recreational equipment at any time.
7. **Running, fighting, dunking, flips, sitting on shoulders and horseplay are not permitted.**
8. If diving is allowed at the facility, diving is allowed only in designated areas.
9. Back dives and handstands from the side are not permitted.
10. Starting blocks are for the swim team and swim lesson use only.

### **Family Swim**

1. At least one parent or guardian must accompany children into the pool when dependent on any form of flotation device. **SEE OPEN SWIM RULES**
2. All open swim rules apply.

### **Water Aerobic Classes**

1. Be sure to go at individual pace. Do **NOT** over exert yourself.
2. Heart Rate checks will be conducted throughout the classes, be sure to monitor yourself.
3. Be respectful of the instructor and patrons, continuous talking is a distraction for participants trying to hear and the instructors trying to communicate. Instructors are responsible to provide safety reminders and need to be able to be heard.

### **Swim Lesson:**

1. If a participant is not meeting the class requirements upon first class evaluation, we will place them into a class that is best suited for their success.
2. All pool rules will be enforced during lessons.

As always Safety is our Primary Concern ~ there are many other points of safety that may not be listed. Our staff will be sure to communicate if needed.