

In order to furnish the membership with the best possible safe and sanitary pool facilities, and ensure a pleasurable atmosphere is available to all, members and their guests are requested to observe and cooperate with the enforcement of the Club's rules and regulations and are encouraged to comply with the common courtesies outlined in this document.

The pool manager or his/her designated representative is responsible for the safe and proper operation of the pool facilities. The Club Manager, Aquatic Director, and Pool Managers act as an agent of your Board of Directors and are empowered to make day to day decisions concerning health, safety and enforcement of the club rules. Comments or complaints concerning the operation of the pool(s) should be referred to the Club Manager.

Parents / Childcare providers are responsible for the safety of their children!

1. Special events and functions, as well as necessary maintenance, approved by the Board of Directors or their designated representative, may close the pool or restrict pool operations. Conditions permitting, the membership will be provided advanced notice.

A. MANAGEMENT'S AUTHORITY AND RESPONSIBILITY

1. The Pool Manager or Lead Lifeguards will operate the Pool and will supervise all personnel. The Lifeguards on duty have the responsibility for enforcing the rules while the Manager on duty shall have final and conclusive authority to make on-the-spot decisions in all matters relating to health and safety of the membership. Use of the club may be restricted from members not observing the Club's rules. The Manager will report any serious and repeat offenders to the Aquatic Director or Club Manager for further appropriate action
2. Each member has the responsibility to inform his/her family members and their guests of these rules.
3. Persons entering the pool area when it is not open to Club use, unless specifically authorized by the Club Manager or Aquatic Director, shall be considered trespassers.

HEALTH AND SAFETY

Health

The US Center for Disease Control has issued a warning due to a substantial increase in reports of Recreational Water Illnesses (RWI's) nationwide. RWI's are being contracted more readily due to sanitizer resistant organisms that are now commonly being found in pool water due to fecal contamination. The common symptom of the most resistant germ, cryptosporidium is diarrhea. Any person with diarrhea or who has diarrhea within a 2 week period is placing other swimmers at risk and should not use the pool(s) The best prevention against RWI's, is for swimmers to take a full soap shower before entering the pool water and to prevent other fecal contamination of pool water. **Fecal contamination occurs even when children are wearing "swim diapers". Soiled diapers are not permitted in the pool(s) under any circumstances. Parents should take diaper age children to the bathroom frequently to minimize fecal contamination of the pool water.**

1. Swimmers should not drink or place pool water in their mouths.
2. Any person with diarrhea or who has diarrhea within a 2 week period should not use the pool(s)
3. Pool users should take a shower before entering the pool or re-entering the pool after having applied suntan oil

4. The manager may refuse entry into the water to anyone wearing bandages, possessing skin abrasions, extremely inflamed eyes, open sores, infections, or with nasal or ear discharge.
5. Spitting, blowing one's nose, spouting water, etc., into the pool is prohibited.
6. In order to use the deep-water portion of the pools, bathers, regardless of age, must demonstrate the ability to swim at the request of the lifeguard on duty, even if wearing a colored band.
7. Children not completely toilet trained and incontinent persons are required to wear a swim diaper and tight fitting plastic pants in the pool(s) and must vacate the pool immediately if the diaper becomes soiled.
8. No diaper changing is allowed on deck or on tables and chairs. Diaper changing is only permitted in the bathrooms!

Safety

1. Face masks with breakable lenses are not permitted.
2. Smoking is not permitted.
3. Prolonged underwater swimming is prohibited
4. Intoxicated persons are not allowed in the pool(s) or the pool area
5. Glass containers are not allowed in the pool area.
6. Running, pushing, wrestling, or causing excessive disturbance as determined by a lifeguard or manager, in or about the pool area, is not permitted.
7. Rafts, inner tubes, or artificial devices are not allowed in the pool, except during specially designated "raft parties". Small air-floatation devices (under 24") on small children who are under the direct supervision of an adult are generally permitted but only in the shallow (2 foot) area of the main pool and in the wading section of the lap pool. "Arm floaties", aka "water wings" will be allowed in the main sections of the pool with direct supervision (arm's length) by an Adult. Lochmere Swim & Tennis Club, Inc. strongly recommends parents only utilize flotation devices for their children approved by the US Coast Guard.

C. INCLEMENT WEATHER/EMERGENCY SITUATIONS

1. When adverse weather (e.g. lightning or thunder near the club) conditions dictate, the Club Manager, Aquatic Director, or Pool Manager has the authority to close the pool area and/or direct all users to vacate the entire deck and pool area.
2. When thunder or lightning is observed all members are required to exit the pool(s) and **pool decks including the pavilion area and wood decks**. Members are advised the only safe spot during a lightning storm at a swimming pool is inside a building or in their vehicles.
3. The lifeguards are authorized to clear the pool in the event of an emergency. The signal to clear the pool is **three (3) sharp blasts** of a lifeguard's whistle. Pool users must take the most direct means to quickly exit the pool consistent with safety.

D. CHILDREN

1. Any child between the ages of 10 and 12 (inclusive) must be accompanied in the main swimming pool by an adult or a childcare provider unless the child has passed the swimming test described below.
2. Children under the age of 10 must be supervised at all times by a person at least 13 years old

Swimming Tests and Bands

All swimmers (including guests) less than 13 years of age must wear a swim band while swimming.

1. White Band (For children 10 -12 who have passed the swim test)

Allows unattended access to the pool area and most parts of the pool(s), including the slide and diving board.

- Swim length of pool non-stop
- Tread water or float (front, back, jellyfish or safety) for 1 minute

Green Band (for children under 10 years of age who have passed the swim test)

Must be accompanied to the pool by a parent or child care provider at least 13 years old. Allows unattended access to most parts of the pool(s), including the slide and diving board.

- Swim length of pool non-stop
- Tread water or float (front, back, jellyfish or safety) for 1 minute

Guards are available to test members swimming skills.

Swimmers not qualifying for unattended access to the main pool area must have an adult attentive and within arms reach when accessing those areas. **Access to the diving board, slide and deep end is restricted to white and green band qualified children and adults only.**

E. GENERAL RULES

1. To prevent over-fatigue and to encourage frequent bathroom visits, a minimum 10 minute rest period, to start every hour, on the hour, for children under 18 years of age, will be observed in the main pool. The pool manager has the authority to vary the length of this rest period and/or to provide additional rest periods. Children may not place their feet in the pool during break.
2. To insure maximum attentiveness to the safety of all pool users by the lifeguards, please do not converse with the guards while they are on duty in their chairs.
3. Proper swimming attire is required.
4. Pets of any type are not permitted within the Club's pool or tennis area.
5. Koosh type balls and inflatable balls are the only type balls permitted in the pool. Lifeguards may limit the use of balls in the pool at their discretion.
6. Non swimmers or those relying on floats must be within arms reach of a responsible attentive adult at all times in the water.
7. Food may only be consumed in the snack bar area, wood decks and tables set up for the purpose except during swim meets and planned special events. Food and drink is not allowed in or at the edge of the pool under any circumstances.
8. Abusive, offensive, or profane language will not be permitted on the club property. Violation is grounds for suspension.
9. The Town of Cary Police and Fire Departments are authorized to enter the pool premises at any time and exercise the same authority as in any public place
10. Broadcasting devices such as boom box stereos are not allowed within the facility.
11. Adults and children unable to demonstrate to the lifeguards their ability to swim will be restricted to chest-deep or shallower water. Parents shall make arrangements with the pool manager or his/her designated assistants for children to take the prescribed swim test.

12. All injuries occurring on the premises must be reported to the pool manager immediately.

F. DEEP END, SLIDE, AND DIVING RULES.

The diving area of the pool is skill restricted. Only those children whom have achieved white band or green band status may use the diving area. Non-swimmers may not enter the diving area under any circumstances. Members may not sit on the edge of the deep end while deck equipment (slide, diving board) is open for use.

Deep End – General

1. Games in the deep well may only be played when the slide and diving board are not being used. Diving board and slide have precedence over games.
2. Games may be restricted if in the Lifeguard's opinion they pose a risk to health or safety.

Diving Board

1. **No running** on the diving board.
2. Only one bounce permitted.
3. Divers may not go to the end of the board and return.
4. Divers must dive off the board in a straight line from the end of the board – not toward the side of the pool.
5. No reverse dives are permitted. Back flips and inward dives are not permitted by children under age 13.
6. No "sailor" dives (head first dives without arms outstretched)
7. No equipment (**balls, goggles, masks, floats, noodles, etc.**) may be carried or worn on to the board. T-shirts may not be worn off the board or slide.
8. Only one person may be on the diving board or diving board step at a time. The next person in line must wait until the prior diver/slider has cleared the area by reaching the ladder before mounting the board.
9. Divers will ensure the water area is clear prior to diving into the pool
10. Divers should raise their heads after entering the water to change their downward projection.
11. Diving board and slide users must immediately clear the area by swimming to the closest ladder located at the side closest to the deck equipment.
12. When the diving board or slide is in use members may not enter the deep end of the pool nor may they sit along the edge of the deep end.
13. It is not permissible to enter the deep end to "catch" a person going off the slide or diving board.

Slide

1. Members in line for the slide must wait on the deck until the slide is clear before mounting the ladder.
2. Members may only slide in a feet-first, sitting position.
3. Slide and diving board users must immediately swim to closest ladder, located on the same side as the respective piece of deck equipment. Under no circumstances may a person cross in front of the slide or diving board.
4. No equipment (**balls, floats, noodles, etc.**) may be carried or worn on to the slide. Competition swim goggles are permissible.

G. STARTING PLATFORMS AND WATER BASKETBALL

Starting platforms

1. Starting blocks are for competition use only! Serious injury or death may occur

- by improper use.
2. Practicing starts from the platforms is only permitted under the guidance of a Lochmere Swim Team Coach or USA Swimming certified coach with prior permission from the Club Manager or Aquatic Director.

Water Basketball

1. Do not hang on rim, net, or pole.
2. Games do not have time limits but all should have a turn at playing. Older children will be asked to stop periodically to allow younger children an opportunity to play.
3. Games will be terminated if deemed to rowdy or aggressive.
4. Basketball is to be used for water basketball only. No dribbling on the deck or throwing of the ball outside the game

H. LOCHWOOD LAP/WADING POOL RULES

1. The intended purpose of the wading/lap pool is to provide an adult only (member over age 18) lap swimming area, plus a separate area for non-swimmers five-and-under and handicapped members, with the following exceptions:
 - During swim team practice it is an open pool.
 - During swim meets it is an open pool for all but swim team members.
 - Parents or child care providers with children over and under age 5 are permitted to have their children in the wading/lap pool as long as the children are not disruptive and play with their siblings.
2. A **Swimming diaper with tight fitting rubber/plastic pants** is required by all infants/children not toilet trained and the child must vacate the pool immediately if the diaper becomes soiled.

Lap Swimming:

1. Lanes are for lap swimming only. Do not interrupt swimmers by crossing lanes. Lap swimmers have the right of way.
2. No one is permitted to sit or hold on to the lane ropes.
3. Lanes can accommodate two or more swimmers.
3. Maximum swim time 30 minutes if members are waiting to use lanes.
4. Members under 18 years of age may use the lap lane if being directly coached by an adult, or if lane is not being used by an adult.
5. A Junior Lap Lane is available for members with a minimum age of 12. They must be swimming laps to use the lane unsupervised.
6. Children under the age of 12 may only use the Junior Lap Lane if that lane is shared by a parent/adult or if that parent/adult is at water's edge. The child must be swimming laps.

H. WADING POOL RULES (Highlands)

There is **NO LIFEGUARD ON DUTY** in the Wading pool area.

Parents/childcare providers are responsible for the safety of their children!

1. All children using the wading pool must be accompanied by a responsible, attentive person (13 or over) stationed **inside** the gated wading pool area and **within reaching distance** of the child.
2. Children who wear diapers are permitted in the baby pool only if they wear swimming diapers covered by tight fitting plastic pants
3. Only children 5 years of age and under may use the wading pool.

I. CHILD CARE

1. Parents/Childcare providers are responsible for the safety of their children!
2. Members may authorize a responsible adult or childcare provider (over age 12) to accompany their child(ren) to the swimming pool. The responsible adult/childcare provider, must actively supervise the child(ren) in their care and be within arms reach of a non-swimmer at all times and sign in at the front desk at entry.

I. GUEST PRIVILEGES AND RESTRICTIONS

Guest Policy

Members must give their names upon check in to use the pool facilities. A member is entitled to bring guests and will be responsible for the conduct of the guests and any fees or charges incurred. Upon entering the Club facilities, each member must pay for guests. Guest fees may be paid by cash, check, or guest card. Guests will sign (if under nine an adult must sign for them) agreeing to abide by the rules of the Swim and Tennis Club. A guest card valued at \$40 may be purchased for \$30, a savings of 25%. There is no expiration date for the cards. Claiming a non-relative as a relative will result in a one-day suspension. Repeated infractions will result in forfeiture of membership.

Guest Frequency:

- No more than five guests at a time without prior arrangements – Your guests can be denied entry for failure to pre-notify our staff.
- In-town guests -- Applicable fees payable – limited to 3 visits per guest, per season
- Out-of-town family guests -- No guest fee required.
- Out-of-town non-family guests -- Negotiated fee determined by Club Manager based on length of stay and frequency of use, usually one-half the normal rate.
- Non-Swimming guests in street clothes may enter the pool enclosure without charge at the discretion of the Pool Manager.
- Guests are subject to the same rules and regulations as members; however, members assume full responsibility for the conduct of and/or damage by their guest(s).
- Members who violate or are an accessory to violation of the rules pertaining to the admittance of guests may have their rights and privileges of membership suspended for a period recommended to the Board of Directors by the Club Manager.
- The Club Manager, Aquatic Director, or the Pool Manager may, at their discretion, restrict or suspend all guest privileges as required to alleviate overcrowding of the pool(s).

Guest Fees:

Pool & Tennis:	Local Guests (Wake County)	\$5.00
	Out-of-town Guests	\$3.00

J. POOL COURTESIES:

1. Lounge chairs may not be “reserved” by placing personal effects on them, and vacating the lounge chair for extended periods of time. Adults will have preference for lounge chairs over children
2. Trash cans are located around the pool area, and members should use these to dispose of their own trash. Aluminum and plastic recycling is promoted through the use of the appropriate trash bin located by the snack bar.

3. Tables are provided for the convenience-of those eating or otherwise using them. They are not to be used for storage of towels, shoes etc.

Discipline Procedures

Members or members' children who do not obey and respect the club rules and lifeguards will not be allowed to use the facilities. **We are not baby-sitters.** You and your children will be given the same respect we expect to be given. Please help us in our most important effort to make this Club a safe and accident free area.

Snack Bar

The Club will run a snack bar at the Lochwood facility. The snack bar will be open when the pool is open. Items can be purchased through the lead guards. The Snack Bar may be closed during inclement weather.