

BE COOL, FOLLOW THE RULES

1. Maintain 6 feet of distance between people that live in the same household on the deck AND in the water.
2. Participants with open wounds or infectious diseases are prohibited from using the pools.
3. ALL pools will be cleared for lightning within 10 miles. **Evacuate to your vehicle in the event of inclement weather.**
4. Appropriate swimming attire must be worn. Gym shorts, cutoff shorts, sports bras, thongs etc. are prohibited.
5. Gum and glass containers are prohibited in or around the pool.
6. Spitting, spouting water, and blowing nose in the water is prohibited.
7. Participants are not to hold onto or sit on lane lines.
8. Eating on the pool deck must be done on designated tables in between chairs.
9. Diving, running on the deck, and horseplay in or around the pools is prohibited.
10. Diving blocks may only be used by swim team with coach.
11. Diving is NOT permitted from the sides of the pool.
12. Dependents 12 yrs of age and younger MUST be directly supervised by a guardian over 18 who must be on the pool deck or in the water.
13. Extended underwater breath holding is prohibited.

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14. Alabama state law requires that all participants shower using water and soap before entering the pool and or spa.
15. Do not move chairs. They must stay in their marked spots.
16. No lane sharing. Only 1 person per lane.
17. The use of mermaid tails or mono-fins are PROHIBITED.
18. Only Coast Guard approved floatation devices can be used.
19. Kickboards, pull buoys, dumbbells, wet belts, etc. are for exercise only. These items are not to be used as floatation devices for children.
20. Alcohol is PROHIBITED.
21. Anyone not completely toilet trained must wear a swim diaper completely covered by a snug fitting swim suit.
22. When requested, lap swimmers shall swim in a counter clockwise direction.
23. There is no running or going backwards off diving boards.
24. The use of floatation devices on the diving boards is PROHIBITED.

