

## **Spruce Lake's Pool Code and Rules**

During certain times in our semester (after Memorial Day weekend) we are glad to be able to offer pool time as one of your activities. Please review this with your group BEFORE your arrival. They are meant for everyone's safety, modesty and enjoyment.

- Modest swimwear is expected; **no bikinis**. Two-piece suits may be worn as long as top and bottom pieces meet/overlap. Dark t-shirt should be worn over suits that don't meet previous guidelines.
- Remove Band-Aids before entering the pool
- No food or drinks
- No radios or tape players
- No running or pushing
- Don't hang on the pool rope
- No hanging on ladders or steps
- Discourage dunking
- No "Frisbees" or other hard, throw-able objects in the pool
- No flotation devices may be worn by anyone in the deep end, regardless of swimming ability.
- Tubes and toys must stay in the shallow end
- Non-swimmers must remain in the shallow end
- An adult must accompany all non-swimming children in the water or on the pool edge
- Adults must supervise small children
- Please read and follow all diving board rules (below)
- Lifeguard distraction of any kind is not permitted (visiting, splashing, or "crying wolf")
- Respect the lifeguards and their requests; lifeguards have the authority and responsibility to maintain a safe swimming environment
- Swimmers who fail to comply with regulations may be removed or ejected from pool area



### **Diving Board Rules**

1. One person on the diving board at a time.
2. Stop! Look! Be sure diving area is clear before diving!
3. One bounce only.
4. Dive straight off end of board.
5. Swim quickly to the side, out of diving area.
6. Don't hang on, or be under the board.