



## **GARDNER POOL RULES & REGULATIONS**

**THE FOLLOWING RULES ARE DESIGNED & ENFORCED FOR YOUR SAFETY AND ENJOYMENT.**

### **GENERAL RULES**

1. Running at the pool can cause accidents, please walk at all times.
2. No prolonged breath holding or underwater swimming.
3. It is illegal to carry a firearm, deadly weapon, or dangerous ordnance anywhere on these premises.
4. Alcohol, tobacco or e-cigarette use is strictly prohibited.
5. Diving from the sides of main pool is not permitted.
6. Toys are only to be used in the "zoo" area.
7. U.S. Coast Guard approved floatation devices can be used in "zoo" area and main pool only.
8. Baby floats are allowed only in main pool during rest break.
9. 18 years of age & older are only permitted in the lap lanes. Kickboards may only be used in the lap lanes.
10. Patrons may not swim in "street clothes".
11. Rollerblades, scooters, skateboards & bikes are not permitted in the pool area. Bike racks are located at Shafor Park.
12. Glass containers are prohibited.
13. Rest breaks are held 15 minutes before each hour. Water use is for anyone 18 years of age or older. Children age 5 and under may be in the water during rest breaks if accompanied by their parents.
14. For everyone's safety, no inflatables, no balls, no pushing and no "tossing" of children into the air or placing them on your shoulders is allowed.
15. Toddlers **MUST** wear swimmer diapers and/or plastic pants.
16. Proper and acceptable conduct is expected by users of the pool at all times.
17. Children under 12 must be accompanied by a parent or guardian unless they are enrolled in a supervised swim lesson or program with designated staff present.

### **DIVING RULES**

1. One person on the diving board at a time.
2. Walk straight out, no hanging on the bars and only one bounce on the board.
3. Back or inward dives are not permitted.
4. No prolonged breath holding or underwater swimming.
5. No swimming or swim activity is permitted in diving well when diving boards are open.
6. Swimmers with masks, goggles, lifejackets, etc. are not permitted on the diving boards.
7. Parents are not permitted in the water to "catch" their children off the boards. (only guards at break time can "catch" if available)
8. Swimmers may be asked by staff to first do a swimming test before being permitted to use the diving board.
9. For your safety, please dive straight off the end of the boards and do not jump to the sides.
10. After diving off the boards, swim away from the boards to the closest ladder and exit the pool.

### **BABY POOL RULES**

1. No lifeguard is on duty at the baby pool.
2. All children must be accompanied by a parent.
3. The baby pool is reserved for children 5 years & under.
4. Swimmers diapers and/or plastic pants **MUST** be worn by all toddlers.
5. No inflatables or floating devices permitted in the baby pool.
6. The baby pool is closed during all home swim meets.

### **LAP LANE RULES**

1. If a lap swimmer is waiting for a lane, limit your workout to 30 minutes.
2. Ask before entering into a lane with someone.
3. When possible share the lap lane (circle swim)
4. Approved lap lane equipment: goggles, kick board, pull buoy, paddles, and fins.

**Violation of these rules may result in disciplinary action.**

**The pool membership season generally extends from May 24, 2025 to September 1, 2025. However, as our pool operations rely upon students and other seasonal employees, these dates are subject to adjustment due to staffing availability. A membership season of a specific number of days is not guaranteed.**