

GHRA Pool Rules & Regulations

1. **Lifeguards are responsible for enforcing rules and responding to emergencies. Parents must supervise their children.**
2. Showers are required of all swimmers before entering the pools.
3. No one is allowed in the pool with a communicable disease.
4. No glass or sharp objects are allowed in the pool area.
5. No smoking is permitted in the pool area.
6. Due to public health concerns, patrons who are under the age of 3 or who are not fully toilet trained may not enter the main pool.
7. Patrons under the age of 12 must be accompanied by a guardian over the age of 18 while in the pool area.
8. All jumping water entries must be feet-first, facing forward, and from the edge of the pool. No diving, twisting, or getting a running start is allowed.
9. Running, horseplay, or pushing is not permitted in the pool area.
10. The use of toys in the main pool must be approved by the lifeguards on duty.
11. No flotation devices, with the exception of kickboards for laps, are allowed in the pool except during pre-approved Recreation events.
12. Swimmers must swim under, not over, the lane lines and boundary ropes.
13. In order to enter the deep end, swimmers must complete the deep end test administered by a lifeguard. Swimmers must swim front crawl for one length of the pool and tread water for 30 seconds.
14. Lifeguards and Recreation staff have the **final say** on all rules and regulations, and in the event of an emergency must be obeyed immediately without question.

“Tiny Tots” Wading Pool

1. All children using the wading pool **must** be accompanied by an adult at all times.
2. No children over the age 6 are permitted to use the wading pool.
3. Swim diapers or rubber pants **must be worn** if children are not toilet trained.

Please ask a lifeguard for more details or clarification on any rule.

