

BEACH RULES

No sand or rock throwing.

No glass bottles on the sand.

No horseplay (determined by the guard)

No toys (ball, rafts, noodles) on the dock.

No life vests on the dock.

No dogs on the sand.

No running or pushing on the dock.

No water wings

No flips off dock

A 5 min safety break every hour. Everyone is to get out of the water and the time starts when everyone is out of the water.

POOL RULES

No alcohol in the pool area.

No running or jumping in the pool.

No running on deck.

Only soft diving sticks and soft balls are allowed in the shallow end.

No jumping or diving into the small part of the deep end.

No DIVING the shallow end.

You can call a 5 min safety break every hour. Everyone is to get out of pool and the time starts when everyone is out of pool

No flips off of the side of the pool.

Swimmers must go into the water facing it when not on the diving board (no back dives, back flips, etc.)

No cartwheels or hand stands into the pool.

Rough or dangerous play activities are not acceptable.

No one other than the lifeguards are allowed in the pool office.

No water wings.

No life vests in the deep end.

Water tubes are allowed only if they have a seat in them, and are for children 1 ½ years or under.

No swimming in front of or underneath the diving board.

One bounce on the diving board

When swimmers go off of the diving board, they must swim to the ladder closest to them or under the rope.

No butt bounces.

No cartwheels or hand stands off of the board.

No hanging on the board.

One person on the board at a time.