



## POOL RULES

1. Enter pool or hot tub **ONLY** when lifeguard is on duty.
2. Shower before entering the water (State Law).
3. No *Glass*, gum, alcohol, or smoking in the pool area.
4. No running, rough play, noodle slapping, shoulder sitting or body throwing.
5. No barbells, hardballs, water pistols (soakers), **inflatables or arm floaties**.
6. Noodles and balls are allowed **ONLY** at lifeguard's discretion.
7. No pushing, throwing or aggressive behavior towards anyone, splashing, spitting or spraying anyone while in the pool area.
8. No street clothes in the pool/hot tub. Bathing apparel only.

## CHILDREN

1. **Children ages 11 and under must be supervised in the pool area by a person over 14 years old.**
2. Children wearing floatation devices must stay in the shallow end of the pool. (**4ft maker or less**) There must be adult present within arm's reach at all times in pool.
3. No disposable diapers – use tight fitting swim diapers with rubber pants.
4. No face masks allowed.
5. Non-swimmers may not use noodles as floatation device.

## DIVING IN THE POOL

1. Diving is **ONLY** allowed off *Back Wall* or diving board.
2. All jumps and dives must be *forward*. **No** twists, summersaults, or handstands.
3. Do *not* use the diving blocks, **No** hanging on the diving blocks.
4. **No** running in the pool, No two or more people holding hands and jumping.

## HOT TUB

1. Children ages **3 and under**, and anyone in diapers are **NOT ALLOWED**.
2. Children ages **4 to 8** are allowed for **5 MINUTES ONLY**
3. Board of Health requires that children under the age of *16* need to be supervised by a designated adult *at all times* while in the hot tub.
4. Please no sitting on the hot tub stairs, people need the steps to enter.
5. No swimming, jumping or inappropriate behavior while in the hot tub.
6. If you are pregnant, consult a doctor prior to using hot tub or spas.

## LESSONS

1. Free swim is not available during lessons, swim team or camp.
2. Kickboards and barbells are for *Lessons, Water Therapy, and Lap swim* only.
3. Only Longfellow staff may administer swim lessons.

## SLIDE POOL

1. Only person on the slide at one time, multiple people may not slide down at once.
2. Slide seated feet first and face first. Do not slide backwards, head first, or on your stomach.

## ADULT SWIM

Adult swim is called 10 minutes before the hour, for 10 minutes. No one under the age of **18** is allowed in the pool. Parents with infants under 2yo are allowed in at this time.