

## CCRA Rules

The following regulations are designed to ensure that the pool is safe and sanitary so that our members and guests enjoy their time at CCRA. The Pool Manager or his/her designated assistants are responsible for the operation of the pool and their instructions must be followed. People who do not follow the rules stated below may be evicted or have their pool privileges suspended or be subject to such other actions as the CCRA Board of Directors deems appropriate.

### Health/Safety

CCRA assumes no responsibility for injuries or deaths that occur because of circumstances beyond its control, including intentional acts or negligence on the part of its members or guests.

\*No one is permitted to act in a way that jeopardizes their own or others' safety and health. Running, boisterous or rough play, pushing, acrobatics, dunking, wrestling, splashing, yelling, using abusive or profane language, diving or jumping haphazardly or any other improper conduct that causes undue disturbance or danger is prohibited.

At the discretion of a lifeguard, children may be required to pass a swim test to determine if they are capable of using slides or swimming in the deep area of main pool.

\*No diving in water less than 6 feet. Please comply with diving markers along the main pool perimeter.

\*Children 8 years and younger must be accompanied by someone who is at least 14 years old.

\*Swimmers must take a soap shower before getting into the pools.

\*People with a communicable infection or wearing a bandage may not use the pool.

\*Children who are not reliably potty trained must wear tight fitting plastic pants over their diapers/swim diapers and may only use the wading pool. You may use your guest card to purchase these at the pool desk. Only children who are completely potty trained are allowed in the Main Pool. Diapers are not allowed in the Lap or Main Pool including area where children's slide is located.

No running on pool deck and grassy areas.

No smoking or gum chewing allowed on CCRA property.

Obey the lifeguards at all times.

### Facility

Food and beverages (except water in clear plastic containers) must be consumed only in the poolside café if purchased there, or outside the pool enclosure in the picnic areas. Coolers of any type are only allowed in the outside picnic areas. No glass containers are allowed on CCRA property.

CCRA is not responsible for lost or stolen property. Please leave your valuables at home.

\*Children, 6 years of age and older, are not allowed in locker rooms of the opposite sex.

Audio portion of any personal devices must be used with headphones.

Deck and locker showers are for rinsing off or bathing – not for playing.

\* Mandated by Montgomery County – Full list of these regulations is on CCRA website and posted on main bulletin board in lobby.

Lane dividers break easily so swim under them - do not hang or jump over them.

Managers have the authority to close the facility when weather or adverse conditions dictate.

Cars and bicycles must be parked in designated areas.

Alcoholic beverages or illegal drugs are not permitted on CCRA property.

Members or their guests who damage CCRA property must promptly repair or replace it.

Pets are not allowed on CCRA property.

### **Main Pool/Wading Pool/Equipment/Toys**

\*Coast Guard approved and labeled personal flotation devices, such as vests designed to provide vertical support and water wings (swimmies) may be worn. Each child wearing a personal flotation device must stay in the roped off area of the pool and must be accompanied in the water by an adult who remains within arm's reach of the child. No back floats, bubbles, rings, or one-sided flotation devices are permitted.

Specialized equipment, such as kickboards, fins, or paddles are only permitted in the lap lanes or in the main pool during adult swim. No toys are allowed in the main or lap pool.

Chairs, towels, etc., are not allowed on the main pool decks or in any of the pools.

All children 16 and under are to be completely out of the Main and Lap pools during adult swim.

Games such as "Sharks & Minnows" are allowed in the diving well only with the lifeguard's permission.

Basketball games are allowed only with CCRA basketballs when pool conditions are not crowded. Basketballs must remain in the pool at all times – no bouncing on the deck.

### **Diving Board and Slides**

No one is allowed in the Diving Well while the diving board and/or slide are in use. Children must be supervised by a responsible individual when using either slide.

Only one person is allowed on the diving board or the slide at a time. Wait at the bottom of the steps of slide or diving board until the person in front of you has reached the pool exit ladder.

Children must be able to slide or dive and swim to the pool exit ladders on their own. Children cannot be "caught" at the end of the diving board or either of the slides.

All people must go down either slide on their back and with feet first.

### **Judith Paul Lap Pool**

Lap lanes are intended for multiple swimmers. Swim on the right and in circles when there are more than two swimmers sharing a lane.

The lane closest to the steps is for our slowest swimmers and lap walkers.

On weekdays during swim team season, lap swimmers may use two lanes from 4:00-4:30 and one lane from 4:30-6:30.

Only swim team members are allowed to dive in the lap pool during supervised swim team practice or meets.

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