

# Policies

**Proper swim attire.** For females, appropriate swimwear is that which covers breasts, buttocks, genitals, and the pubic region. For males, appropriate swimwear is that which covers the buttocks, genitals, and the pubic region. Street clothes, cut-off jeans, shorts below the knees, thongs and see-through swimwear are prohibited. Shirts that are worn in the pool must be apparel designed for aquatic use (Refer to **appropriate swim attire chart**) Participants with concerns regarding modesty or sun protection may wear clean, covering garments that do not interfere with their safety in the water within these guidelines. Infant and toddlers are required to wear proper swim diaper (non-disposable) while in the water (no disposable diapers).

**Pre-Swim Showering.** All pool users are required to shower prior to entering the pool.

**Diving.** Diving is only allowed on the deep 7ft end of the lap pool. Diving or leaping into the shallow areas of the pool can lead to serious injury and is strictly prohibited

**Swimming Ability** All Patrons must pass a swim test (administered by the lifeguard on duty) before entering deep water regardless of age. The swim test consists of a one (1) length (25 yards) swim demonstrating controlled breathing and forward momentum on the surface of the water.

**The use of tobacco products is prohibited in the pool complex.**

**No Food and Beverages within 6ft of the pool** with the exception of clear, drinking water in a non-breakable container. Guest who brings food to the pool deck must eat on the tables and chairs.

**Horseplay.** Running, pushing, dunking, water fighting, chicken fights, hanging on the backs of other swimmers, breath holding contests, hypoxic breathing, and other horseplay activities are prohibited in the water and on the deck.

**Supervised Swimming.** No one is permitted to use the pool without supervision. Swimming is permitted only while lifeguards are on duty.

**Flotation Devices/Water Toys.** Water toys are restricted to those that are provided or authorized by ASI and must be used with adult supervision for their original intention.

**Contagious or Infectious Conditions.** Use of the pool may be refused to anyone appearing to have a contagious or infectious condition, such as a cold, athlete's foot, ringworm, boils, and other skin infections.

**Stomach Illness.** Participants experiencing or that have experienced stomach illness (active diarrhea) within the past fourteen (14) days are not allowed to enter the pool water.

**Eyewear and Goggles.** Eyeglasses worn in the pool should be worn with a safety strap. All goggles and masks must be well fitted and have tempered glass.

**Unauthorized Areas.** Participants' belongings are prohibited from being placed in the pool complex offices, storage rooms, and maintenance rooms. Items cannot be placed on or under the lifeguard towers.

**Lane Lines.** Hanging or sitting on the lane lines is prohibited.

**Pets.** Pets are prohibited unless they are guide dogs or guide dogs in training.

**Lifeguard is the ultimate authority on the pool deck.** Lifeguards are here to enforce rules and maintain patron safety. For your safety, please follow lifeguard directives accordingly.

## Lap Etiquette 101:

**Swimmers should observe and respect** the pace and workout routines of other swimmers in their lane – especially when circle swimming – avoiding actions that are likely to interfere with those routines. Examples include:

**1) Slower swimmers starting a set** should wait to push off the wall until faster swimmers have passed (i.e. don't push off right in front of a faster swimmer who's coming into the wall about to turn, as this blocks the faster swimmer). Slower swimmers should push off almost immediately behind a faster individual or group, thus extending the time until they are lapped again and need to stop.

**2) Faster swimmers starting a set** should give slower swimmers as much "running room" as possible before pushing off, (rather than jumping right behind and immediately tapping their toes to move over.)

**3) Allow swimmers doing faster strokes to go ahead.** For example, those swimmers doing breaststroke, stroke drills, or a using a kickboard should stay aware of the likely need to give way to swimmers doing freestyle – usually a faster stroke.

**4) Try to select or negotiate workout routines complementary to others in the lane.** For example, a set of short backstroke sprints may be difficult to weave in with others who are already doing a long, steady freestyle set without interfering with each other.

**5) Swimmers resting or otherwise waiting at the wall** should stay far to one side of the lane, (preferably at the left from the perspective of an approaching swimmer, or the right from their own perspective looking back up the pool). Resting swimmers should specifically avoid standing or floating in the middle of the lane as this interferes with swimmers “swimming through” who need to tag or flip at the wall. If the lane is crowded, other swimmers may need to rest out away from the wall along either side of the lane.

**6) When circle swimming, swimmers should never stop in the middle of a length** (e.g., to adjust goggles), as this may cause a trailing swimmer to run into them. Unless one is swimming in ‘split’ format or alone, it’s best to continue to the wall and stop there. If the loss of a contact lens is at stake, it’s easy enough to close one or both eyes for a few strokes and swim by ‘feel’ to the wall.

**If the pool is busy** (i.e., three or more people in most lanes), those swimming in lanes by themselves or with one other person may want to *continue circle swimming* even after a third swimmer leaves their lane (since others will likely join the lane again soon, requiring a switch back to circle swimming anyway.)

**A swimmer entering an open lane, or joining one person** in a lane that’s designated differently from their expected pace (i.e. a faster swimmer in a “Slow” lane, or slower swimmer in a “Fast” lane), should stay aware of arriving swimmers, and *be prepared to move to a more appropriate lane* if/when other swimmers join them. That is, the lane speed designation takes precedence over the pace of incumbent swimmers who simply happen to be swimming there.

**If it’s not obvious, ask a guard** about our rules and/or about the best place/time to do laps.