

Rules and Guidelines

Pool Safety

- ⇒ Children under 9 years of age must be actively supervised in the pool by a responsible person who is 13 years old or older. These children must stay within arms reach of this person at all times. The maximum ratio of adult to children is 1:3.
- ⇒ To swim in the deep end without a lifejacket or PFD; you may be asked to preform a swim test. Jump into the deep end then swim 25 m of the pool without touching the edge or bottom.
- ⇒ Be aware of the drop offs and deep areas. PFD's (lifejackets) are recommended for all weak or non-swimmers and they are available free of charge on the pool deck.
- ⇒ Diving is only permitted in the deep end. Everywhere else feet first entries only.
- ⇒ Refrain from prolonged breath holding or breath holding games.
- ⇒ Evacuate pool and follow the staff instructions when alarms/whistle is sounded.
- ⇒ Walk on the deck at all times.

Pool Protocol

- ⇒ Please alert staff to any medical conditions. (heart conditions, epilepsy, etc)
- ⇒ Please do not come swimming if you are suffering from a cold, flu, viral infection, communicable disease or severe skin condition * Do not enter the pool if you are currently suffering from diarrhea or had diarrhea in the past week.*
- ⇒ Please do not spit or spout the pool water and avoid swallowing pool water.
- ⇒ Limit your stay in the Hot Tub to no longer than 15 minutes. *please consult your doctor before going into the Hot Tub if you have epilepsy, diabetes, high blood pressure, a heart conditions or are pregnant.*
- ⇒ Anyone who is not toilet trained must wear waterproof diapers. *small-large sized little swimmers are sold at reception.*
- ⇒ Persons under the influence of intoxicants will be asked to leave the facility, Consumption of alcohol and/or drugs on the premises is not permitted.
- ⇒ Photography: please ask the supervisor about taking photos.

Pool Change Rooms

- ⇒ Please remove all footwear at the front entry way. Please do not walk into changerooms with footwear on.
- ⇒ Finish eating and drinking before entering the changeroom area.
- ⇒ Children 5 and under are welcome in any of the changerooms with their parent/guardian. Older children please use designated changerooms or the universal changerooms.
- ⇒ Please do not bring glass containers into the changeroom or pool deck area.
- ⇒ Protect your belongings by securing them in a locker. You are welcome to bring a lock or you can rent a lock from reception.
- ⇒ Please turn off and store cell phones and cameras in the changeroom. Photography of any kind is strictly prohibited in all changerooms.

Research shows that learning how to swim saves lives. Register for swim lessons today.