



# SWIMMING POOL RULES AND REGULATIONS



The following rules and regulations have been established for the benefit of all users of the swimming pool to assure the safe operation of the pool facilities and to provide enjoyable recreation for all. Patrons are requested to cooperate in observing these rules and to obey the instructions of the Aquatics staff. Patrons violating swimming rules are subject to the revocation of their swimming privileges. Montgomery County Recreation welcomes patrons to enjoy the use of all of its facilities without regard to race, sex, age, color, creed, national origin, marital status, sexual orientation, gender identity, or disability.

The Recreation Department reserves the right to refuse admittance into any county swimming facility when the capacity of the pool has been reached or when otherwise deemed necessary for the health, welfare or safety of the patrons.

The Pool Manager or their designated assistants are responsible for the operation of the pools. Their instruction must be followed at all times. Should a disagreement arise, patrons are advised to contact the Pool Manager.

## GENERAL RULES / ADMISSION POLICIES

1. No one will be allowed in the swimming area unless the pool is officially open and a lifeguard is on duty. Entering the pool when it is not open for public use is punishable by fines and/or imprisonment. Swimming without a Ready-To-Rescue Lifeguard present on deck is prohibited.
2. All persons entering the pool area must pay the appropriate admission fee or present proof of a valid pass or program registration.
3. A driver's license or other ID is required at the admission counter for proof of County residency.
4. Admission fees must be paid by all persons ages one (1) year and older upon each entry to our outdoor pools or each session at our indoor facilities. Persons leaving the pool must pay to re-enter.
5. A group of children (5 or more, 6-17 years of age) entering the pool must be directly supervised at poolside by an adult in swim attire. There must be one adult for every five children. Groups MUST contact the pool management before coming to the complex. Groups with children under 6 years of age must provide one adult per child in the water, due to the high risk nature of the activity.
6. If a patron with a disability needs special accommodations to use the pool complex, please contact the Pool Manager.
7. Admission to the MLK Outdoor Pool does not include admission to MLK Indoor Pool. And vis versa.
8. Guards have authority to enforce all pool rules. Patrons who repeatedly violate the rules may be ejected by the Manager.
9. Brining any animal, other than a registered service animal, onto the immediate premise or allowing any animal to enter the pool water is prohibited.

## FACILITY

1. Food or refreshments may be consumed only at the snack bar or other designated areas. All refuse and waste papers must be deposited in designated receptacles. Please recycle. Food or refreshments are not permitted at Indoor facilities except for swim meets and scheduled parties, in the party room. Possessing food or beverages on the pool deck within 6' of the pool's edge is prohibited (except plastic bottles of water brought by a patron for personal consumption).
2. Picnic baskets/Coolers are permitted in the grass area of the outdoor pools. All bags, baskets and coolers are subject to inspection. No grills, gas or electric cooking devices may be brought into the pool complex.
3. Glass containers, alcoholic beverages, drugs and pets are not permitted in the pool complex. Service animals are permitted.
4. Smoking (tobacco or electronic) is not permitted anywhere in the facilities, buildings, grounds or parking lots.
5. The office telephone and public address equipment may be used only to deliver messages of an emergency nature or facility information to persons at the pool.
6. Employees are the only persons allowed in the staff rooms, filter room, mechanical room, storage room and offices.
7. Food and drinks are not permitted on the pool decks.
8. The outdoor pools will be closed and cleared for a 15 minute Safety Break at minimum 4 times a day. This is a good time to head to the restrooms. Adult lap lanes will remain open during this time.
9. Single groups shall not monopolize a particular area of the pool and thereby limit its use by or intimidate other patrons. Only MCR scheduled classes, team activities, or rental groups are permitted. Private groups are not permitted during a Recreation Swim period and must be scheduled as a private rental.
10. Chairs are not permitted within 6 feet of the pool side.
11. If the overhead pool lights go off, the pool will be cleared immediately and not reopened until the lighting is fully restored.

## LOCKER ROOMS

1. Children 6 years of age or older must change in the appropriate locker room or see the Manager for special arrangements.
2. Access to locker rooms is permitted based on the gender identity of the patron.
3. Leave valuables at home. The Recreation Department is not responsible for personal property or valuables at any time. Lost & Found will be disposed of weekly. Mini lockers are available at the pools. Valuables may not be checked with the cashier or pool staff.
4. Food is NOT permitted in locker rooms.
5. The use of cell phones, cameras, video cameras or any device containing recording equipment of any kind is prohibited in all locker rooms, bathrooms and changing facilities.
6. Patrons are not permitted to leave locks on lockers overnight. Locks will be cut off and locker contents will be placed into Lost and Found.
7. Use of locker room facilities is limited to patrons for the purpose of changing. Activities such as washing clothes, coloring/cutting hair, etc. are not permitted.
8. All Locker Rooms will CLOSE 20 minutes after the end of the last recreational or program swim.

#### ATTIRE

1. All patrons within the pool area must be attired in swimming apparel. No street shoes or clothing allowed on decks. The swimming pool and decks must be maintained in a sanitary manner for the protection of patrons.
2. Pool users must wear swimming suits or swimming trunks upon entry into the pool. Clothing such as cut-offs, gym shorts, and underwear is not permitted as swimwear. Swimwear should not have been worn for exercising immediately prior to pool use and must be colorfast and of lightweight material suitable for swimwear, such as Lycra, Spandex, or nylon. Clean T-shirts may be worn for modesty or medical reasons but first must be sanctioned by the Pool Manager.
3. For full coverage, apparel must be for swimming only and of light weight material. Please call the Aquatics Office for specific details.

#### BEHAVIOR

1. Socializing with or distracting the pool staff is prohibited.
2. No person within the facility shall behave in such a manner as to jeopardize the safety and health of him/her and others. Such behavior, including abusive or profane language, shall be grounds for expulsion.
3. Loitering will not be permitted at any MCR-Aquatics facility.
4. Running, boisterous or rough play, pushing, acrobatics, dunking, wrestling, splashing, yelling, diving or jumping haphazardly, snapping of towels, improper conduct causing undue disturbances on or about the pool area or any acts which would endanger any patron are prohibited.
5. Spitting, spouting water, blowing nose, urinating, or defecating in the pool is prohibited.
6. No prolonged underwater swimming for time and/or distance. Competitive and/or repetitive breath holding can be deadly and is not permitted. Hyperventilation is absolutely not permitted.
7. Gum chewing is not permitted anywhere in the pool complex.
8. Swimming under the bulkhead is prohibited. Patrons are not allowed on the bulkhead.
9. Cart wheels and handstands off the board or the side of the pool are prohibited.

#### AGE RESTRICTIONS

1. Infants/children who are not toilet trained and adults who are incontinent, who wish to enter any pool, must wear a clean diaper or disposable swim diaper covered by separate rubber/vinyl pants, all of which must fit snugly around the legs and waist. If the diaper becomes soiled, this person must leave the pool immediately, and may not return until he/she has taken or been given a soap shower and has been recovered by a new diaper with clean rubber/vinyl pants.
2. Children, under 10 years old, entering the pool complex must be accompanied and cared for (at pool side) by a responsible person 14 years old or older, in bathing suit attire. Children under 6 years old need to have a responsible person (14 yrs. old or older) in the water with them and within arm's reach at all times.
3. After 6 p.m. any youth under the age of 13 years old who is not accompanied and supervised at the pool by an adult (18 years old or over) must leave the pool complex.
4. Use of the wading pool (Tot Pool) is restricted to children five (5) years old and under. Each child must be supervised in the water by a person at least 14 years old. Children must not be left unattended.

#### HEALTH / SAFETY POLICIES

1. The County assumes no liability for injuries or damages arising from the results of participation unless due to willful or gross negligence on the part of the County. Due to the strenuous nature of some activities, the participant is advised to consult his/her physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant assumes.
2. Persons under the influence of alcohol or drugs will not be permitted in the pool complex or in the surrounding area.
3. Any injury occurring in the pool area must be reported to the pool management immediately.
4. All patrons must take a cleansing soap shower before entering the deck area. Sun bathers SHOULD shower before each entrance into the water in order to rinse off perspiration, lotions, sunscreens, etc.
5. Any person having a skin disease, sore or inflamed eyes, cold, nasal or ear discharge, communicable disease, or who is wearing any kind of bandage or Band-Aid will not be permitted in the pool.
6. Persons having any considerable area of sub-skin tissues, open blisters, cuts, etc., are warned that these are likely to become infected. Such persons may not use the pool.
7. Any adult or child who is experiencing even a mild case of diarrhea may not use the pool.

#### EQUIPMENT/TOYS

1. Toys, balls, inner tubes, inflated boats, and rafts are not permitted in the main pools. Small toys may be allowed in the Tot Pool at the Manager's discretion.
2. Wearing eyeglasses in the pool is discouraged unless absolutely necessary. Non-breakable lenses and frames are necessary for safety.
3. Coast Guard approved and labeled personal flotation devices, such as vests designed to provide vertical support, may be worn with permission of the Pool Manager. Water wings (swimmies) may also be worn. Each individual wearing a personal flotation device must be accompanied by an adult in the pool, within arm's reach. No back floats, bubbles, rings, or one-sided flotation devices are permitted. NO flotation devices of any type are permitted on diving boards, slides or lap lanes.
4. The use of masks and snorkels by patrons 14 and up in the lap lanes may be permitted at the discretion of the Pool Manager. Youths 14 years and under, accompanied by an adult, may use masks and snorkels in a non-lap lane area, at the discretion of the Pool Manager.
5. Specialized equipment, such as kickboards, fins, or paddles, is only permitted in the lap lanes.
6. The use of the starting blocks is restricted to approved swim practices, swim meets, and during instruction.
7. Headphones must be worn when listening to musical entertainment devices.

## RULES FOR SWIMMERS

1. Non-swimmers must remain in shallow water (chest-deep or less).
2. **NODIVING IN WATER LESS THAN 6 FEET.**

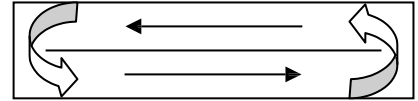
## RULES FOR DIVERS

1. Only one person is allowed on the diving apparatus (including ladder) at a time.
2. Divers must dive straight from the front end of the board.
3. Divers may not bounce more than once on the board.
4. Upon surfacing, immediately swim to the nearest ladder. Do not swim under the boards at ANY time.
5. A diver must wait until the preceding diver has surfaced and reached the ladder.
6. No general swimming is permitted in the diving area, unless, the diving boards are closed by staff.
7. Extended dives, or dives for distance from the one or three-meter boards, toward shallow water, are prohibited.
8. Diving board users must be able to swim to the ladder unaided. They may not be assisted after jumping off of the board.
9. Cart wheels and handstands off the board or the side of the pool are prohibited.
10. Goggles, masks or flotation devices may not be worn when going off of the diving board.

## LAP SWIMMING

\*Please Keep Off Lane Dividers/Lane Ropes\*

1. Periodically, lanes will be divided off for those persons wishing to swim lengths undisturbed. Persons not swimming lengths should remain in other pool areas. For effective use, swimmers should swim counterclockwise near the lane markers and pass in the middle when more than 2 swimmers are in a lane.
2. Circle swimming is the default rule of lap swimming.
3. Lap lanes are for continuous lap swimming. All others not swimming laps should remain in other areas of the pool.
4. Laps swimmers should expect to share the lanes with 2 or more swimmers.
5. Lap swimmers should arrange themselves by speed in the lanes. Please consult the directions posted or ask a lifeguard.
6. Stop only at the turning walls. Move to the side to allow others to turn and continue.
7. Water Walking or Deep Water Running is not permitted in designated lap lane.
8. Lap swimming is not permitted in designated Water Walking or Deep Water Running lane/areas.
9. Please consult the pool operator for assistance, if you have questions.



## LESSONS

1. Only County staff and contractors that have been authorized by the Department of Recreation-Aquatics to teach swimming may utilize the pool to provide swimming instruction. No activity for private gain is permitted at any time.
2. Parents, in order to assist us in offering a quality program for your child, parents/guardians may not remain at the class unless it is otherwise stated in the description. Observation is allowed from designated areas **ONLY**. At some facilities, clear observation is not possible. At some facilities, clear observation may not be possible.
3. The program fee covers only the lesson/program and no other use of the facility.
4. Participants may enter the pool area only 10 minutes before the start of the class.
5. Lesson questions should be directed to the facility where you wish to enroll.
6. Withdrawal policies will be **STRICTLY** followed and applies to class transfers. See [ActiveMontgomery.org](http://ActiveMontgomery.org) for full listing of policies.
7. Parents/Guardians **MUST** remain in the facility while their children are participating in lessons.

## WATER SLIDE (10 FEET OR HIGHER)

1. All users must be at least 48" tall. The dispatchers will turn away others. Younger children may not ride with their parents.
2. Only one person on the slide at a time.
3. Slide feet first only, on back. Keep hands inside the slide at all times.
4. No stopping, turning, standing, kneeling or rotating.
5. Goggles and glasses are prohibited.
6. Start slide when directed by dispatcher.
7. Exit receiving pool immediately.
8. Keep the line against the wall.
9. If the tower rules are not maintained, or anyone creates a disturbance in line, they will be denied its use by the pool safety staff.

## WEATHER

1. Rainchecks may be issued when the facility must be closed due to storm or equipment malfunction. They will only be issued to those admitted within 30 minutes of the closure and who have a valid receipt.
2. During storms, outdoor pools will be closed and the entire area cleared of patrons at the discretion of the Pool Manager. Due to limited cover, patrons are encouraged to leave the facility. Others must remain within the shelter of the bathhouse or their car. The pool will normally open twenty (20) minutes after the storm passed.
3. During periods of cool weather, outdoor pools will not open when the temperature is below 70°. If the temperature falls below 70° the pool will stay open unless conditions merit closing for safety reasons.

### WEIGHT ROOM (INDOOR FACILITIES)

1. Use of the weight room is restricted to adults (18 years old and older) and youths 14-17 with a permission slip on file. Youths need to keep their copy with them while using the weight room.
2. Wet swimming suits or other wet apparel are not permitted in the weight room. Users should place a towel over benches and seats.
3. Lower weight stack gently.
4. Shirts, shoes (closed-toe), and pants or shorts must be worn when using the weight room.
5. Use of the cardiovascular equipment is limited to 20 minutes when others are waiting.
6. Cell phone use is not permitted in weight rooms.
7. Headphones must be worn with all audio devices.

### HYDROTHERAPY POOL (INDOOR FACILITIES)

1. Hydrotherapy pool use is restricted to adults (18 years old and older) and youths 14-17 accompanied by an adult.
2. Pregnant women or bathers with a history of heart disease, diabetes or circulatory problems should not use this pool.
3. Any swimmer with an infectious disease, nasal or ear discharge, exposed sub-skin tissue, or wearing a bandage may not use this pool.
4. A soap shower is required before and after using this pool.
5. No more than 10 persons permitted in the pool at one time.
6. Persons should not remain in this pool more than 15 minutes per hour. Longer exposure may be dangerous.
7. No personal grooming permitted or application of lotions/products.

### SAUNA (GISC-KSAC-OSC)

1. Swim suits must be worn while using the saunas.
2. Sauna users must be 18 years of age or older. Youths 14-17 years may use sauna if accompanied by an adult.
3. Pregnant women and persons with respiratory or cardiopulmonary problems should not use the sauna.
4. Persons should remain in sauna for no more than 10 minutes per hour. Longer exposure may be dangerous to your health.
5. Do not place suit or towels in Sauna to dry.
6. Do not pour water on rocks.
7. Remove all metal jewelry before using sauna.
8. Patrons must sit on a towel when using the sauna.
9. Showers must be taken before and after use. The use of body or food products is not permitted.
10. No personal grooming or application of lotions/products is permitted..

### LAZY RIVER (MLK OUTDOOR)

1. Parents must accompany non-swimming children and children in life vests. If a child has a life jacket on, he/she must be within arm's reach of an adult.
2. Life jackets are available at the aquatic first aid office.
3. Patrons must enter and exit only at designated areas. They may not enter from the sides of the pool. Patrons must enter only at the stairs.
4. ALL TUBES MUST REMAIN IN THE RIVER.
5. Patrons must be 48" to ride the river unaccompanied.
6. From the times of 1:00 p.m. to 4:00 p.m. (or at the Manager's discretion) all riders must be in a tube. If a tube is not available, they must wait for another patron to finish using it.
7. Water depth is 3'6" and the current is strong. Patrons may not stop, walk the opposite way, or hold onto the wall.
8. Do not stack or stand on the tubes.
9. No horseplay or dangerous activities. No diving.

### PRACTICE HEALTHY SWIMMING HABITS

Children who are not yet toilet trained must wear snug fitting plastic pants over a clean diaper. A bathing suit must be worn over the plastic pants. Under Health Department standards, adopted on the recommendation of the Centers for Disease Control, accidents involving fecal matter now require longer pool closure. Prevention is far better than contamination, so please follow the CDC's healthy swimming habits.

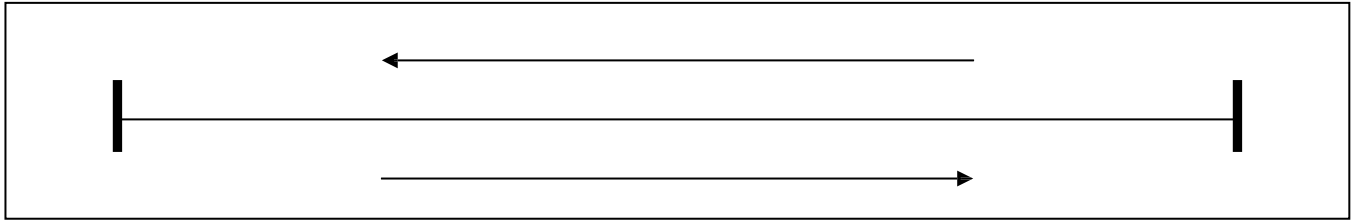
1. Children (and adults) who have had diarrhea in the last two weeks shouldn't go swimming.
2. Use the bathroom before getting into the pool. Take frequent bathroom breaks and check diapers often.
3. Take advantage of the Safety Break to use the bathroom.
4. Shower before entering the pool and after using the toilet.
5. Change diapers in the bathroom (not the pool area). Throw diapers away in trash receptacles. Do not dispose of in toilets or rinse in showers/sinks.
6. Avoid swallowing pool water or even getting it in your mouth.

# LAP SWIMMING ETIQUETTE

Swimmers should swim counter-clockwise near the lane markers. Circle swimming is the default rule for all lap lanes.

## Two Swimmers per Lane:

1. Select a lane appropriate to your speed – slow, medium, or fast.
2. Stay to one side of the black line.



## Three or more Swimmers per Lane:

1. Select a lane appropriate to your speed.
2. Swim to the right of the black line, in a circular pattern.
3. Be sure to communicate with others in the lane to begin circular swim.
4. Turn at the center of the wall to avoid collisions.
5. Move to other lane if you are too slow or too fast for the lane you're in.



## To Pass a Slower Swimmer:

1. Pass at the end of each lap, after tapping the foot of the swimmer in front. The swimmer being passed should wait on the right side of the lane.
2. If the left side of the lane is clear, pass swimmer on the left. Be sure there are at least five yards of clear water to the wall, before passing.

Lap lanes are intended for multiple swimmers. Please consult with the pool operator for assistance. Failure to comply will result in removal from the facility.