

HIGHLANDS POOL RULES

Pool Fees(Non-Members)

Highlands Resident (with proof of residency)	\$5.00 per person (swimming or not)
Non-resident	\$10.00 per person (swimming or not)
Note: Children under 3	Free
Swim Lesson Practice Punch Card	\$30 for 10 practices

General Rules

1. Everyone entering the pool must sign-in.
2. Pool Hours and programs are subject to change.
3. All non-members entering the pool must pay the entrance fee whether or not they are swimming.

Member Guest Rules

1. Guest fee for member guests is \$3.00 per person swimming or not
2. Members must remain with their guests at all times.
3. Members are responsible for the conduct of their guests.
4. All guests and non-members are required to sign-in on the sign-in sheet.
5. Members may bring in a maximum of 6 guests (swimming & non-swimming) per family membership per visit.
6. Pool Parties may be booked to invite more than 6 guests in at one time. Call for more information.

Health Rules

1. Patrons need to shower with warm water before entering the pool and after using the restroom.
2. Persons who have had diarrhea in the past two weeks, infectious diseases, open sores and/or rashes are not permitted on Rec. Center grounds.
3. Appropriate bathing attire required in the pool (i.e. swim suits).
4. **Children three (3) and under must wear a swim liner** It is highly recommended for children age 4.
5. Animals are not allowed in the pool area.
6. Food and drinks permitted away from water only.
7. No chewing gum.
8. Smoking is not permitted on HRC grounds.
9. Spitting, spouting water and blowing one's nose in the water or deck are not permitted.
10. Hair bands or swim caps need to be used for persons with long hair.
11. In the event of a fecal incident, power outage, major storm, or chemical imbalance, the pool will be immediately closed until further notice.

Locker Room/Restroom Facilities

1. For the privacy and comfort of everyone, cell phone is PROHIBITED in changing areas, restrooms and locker rooms.
2. Children under the age of six (6) must be supervised.
3. No glass of any kind is permitted in locker rooms.
4. Please limit shower time to two minutes.
5. Urination is not permitted in shower area.

Safety Rules

1. Pool facility is closed unless a lifeguard is on duty.
2. Children under ten (10) yrs. must be supervised by a responsible person fifteen (15) yrs. or older.
3. Children are not permitted in or near the pool during Kid's Break.
4. Unannounced emergency drills will occur randomly throughout the year. Please follow the directions of the lifeguards.
5. 'Kids' Break' is held each hour for ten (10) minutes during recreation swim longer than two hours. Children under the age of 17 must exit the pool **including** the baby pool during this time.
6. Patrons are NOT allowed in the Guard Office; filter area/room or storage room.
7. Horseplay (running, splashing, shoving, dunking, spitting, riding on shoulders, etc.) is NOT permitted.
8. Climbing is not allowed in the pool area (i.e. fence, guard stands, benches, etc.)

9. FLOTATION DEVICES ARE NOT ALLOWED (i.e. water wings, pfd's, swim suits with built in floatation pads, etc.).
10. Coast Guard approved lifejackets are allowed. Children using a lifejacket can be in the shallow end alone and in the deep end with an adult within arms reach. HRC has a limited supply of jackets and may ask patrons to use them if deemed necessary.
11. Only HRC pool toys are allowed in the pool (exceptions are at the discretion of the lifeguard in charge or special approved activities/functions).
12. Face masks, fins, and snorkels permitted only for adult surface swimmers during lap swim.
13. Novice swimmers must remain in the shallow end of the pool unless accompanied by an adult within arms reach.
14. Passing the proficiency swim test (one length of the pool strong crawl or breast stroke without stopping and treading water for 30 seconds) is required for swimmers under the age of 14 before they are permitted to leave the shallow end..
15. T-shirts are not allowed in the pool.
16. Glass containers are not permitted in the pool area.
17. Alcoholic beverages, illegal drugs and persons under the influence of these substances are not allowed beyond the pool gate.
18. Running on the pool deck or in the locker rooms are not permitted.
19. Circle swimming is required during lap swim when there are more than two (2) people swimming in a lane.
20. During dome season, when the power is out, the pool will be closed. Please call the pool on stormy days to get the status of the pool before coming to swim.
21. Diving is only permitted in the diving well and along the deep end wall (when the diving board is closed)
22. **DIVING BOARD RULES**
 - a. Diving board area may be restricted or closed at any time if deemed unsafe by lifeguard.
 - b. Jumping, swimming, or diving off pool side is not allowed in diving area when the board is open.
 - c. Only one (1) person allowed at a time on the board.
 - d. One bounce only & dive straight out from board.
 - e. Swim to designated ladder and climb out of pool after jumping off the board
 - f. Previous diver must reach the ladder before the next person dives.
 - g. The diving board is closed during Lap Swim.
 - h. Only face forward jumps/dive are allowed unless under instruction/supervision of diving instructor.
 - i. All flips are prohibited unless under instruction/supervision of diving instructor.
 - j. The diving board can be used by swimmer 250lbs and less.
23. **SLIDE RULES**
 - a. Slide area may be restricted or closed at any time if deemed unsafe by lifeguard.
 - b. Jumping, swimming, or diving, off pool side is not allowed in slide area.
 - c. Feet first and face up position only.
 - d. Only one (1) person allowed at a time on the slide.
 - e. Swim to designated wall after sliding.
 - f. Previous slider must reach the wall and swim out of the slide area before the next person slides.
 - g. The slide is closed during swim lessons and lap swim.
21. **BABY POOL RULES**
 - a. Parents, chaperones, or camp counselors are responsible for and must supervise their children.
 - b. Only children four (4) yrs. and younger are allowed in baby pool.
 - c. Children three (3) yrs. and under are required to wear a swim liner.
 - d. Flotation devices are NOT allowed.
 - e. Only HRC pool toys allowed.
 - f. Baby Pool is only open during recreation swim.