

MOUNTAIN SPRINGS SWIM CLUB RULES

GENERAL RULES

1. **Only current Members and their paid Guests will be admitted**, excepting special events.
2. **The staff on duty have complete control and authority over all actions on swim club property.** Failing to follow the rules and instructions from the staff will result in disciplinary action, up to and including suspension of membership.
3. **The Swim Club is not responsible for loss or damage to personal property.** Members shall reimburse the Swim Club for any damage to its property caused by them or their guests.
4. **No firearms or illegal drugs allowed on any part of the property.**
5. **No smoking, tobacco, or vapor products within 35 feet of fenced area.**
6. **No profanity, lewd language, vulgar behavior, or excessive displays of affection.**
7. **No bicycles, skate boards, roller blades, or roller skates inside fenced area.**
8. **Only members and their guests of legal drinking age are permitted to have alcoholic beverages in their possession. Beverages must be kept in discreet, non-glass containers, sized for personal consumption only.** Irresponsible use of alcohol will result in disciplinary action, up to and including suspension of membership and engagement of Huntsville Police.
9. **Child Supervision:** The lifeguards/managers on duty are responsible for the safety of all members and guests. They cannot serve as a babysitter while on duty.
 - a. **Member children between the ages of 9 and 18 may attend the pool without an adult** if they are able to pass a basic swim test and have a current, signed Unsupervised Child Policy form on file (*also see "Guests", if applicable*).
 - b. **Children under the age of 9 must be accompanied by a responsible individual** (parent/guardian or employed babysitter) **at least 14 years of age.** Babysitters under the age of 18 must also have a signed Unsupervised Child (or Guest Child) Policy form on file.

SANITATION AND SAFETY

10. **No running on pool deck or in the buildings.**
11. **No violence or rough play**, including spitting, hitting, wrestling, and/ or slapping. This also includes **no banging/slapping of objects** such as noodles, kick boards, towels, etc.
12. **No glass containers.**
13. **No animals inside fenced area.**
14. **Clean up after yourself and your guests.** Dispose all trash in trashcans or recycle bins.
15. **Do not use the pool (including playing in the water) when:**
 - a. You have had diarrhea, fever, or other symptoms of illness in the last 24 hours.
 - b. You have a contagious disease or open wounds/sores.
16. **All children that are not fully potty trained must wear a swim diaper at all times.**
17. **Notify the pool staff immediately if an accident occurs with respect to bodily waste.**
18. **A Lifeguard's #1 job is SAFETY.**
 - a. No socializing with guard on the stand. Conversations with lifeguards should be minimized.
 - b. No obstructing lifeguard's view, or diverting his/her attention from the pool, unless the issue is for the safety of a member/guest.
19. **Only lifeguards or managers on duty are allowed on the stand.**
20. **Guards may call a 10 minute Safety Check (rest break) each hour.** Safety Check **is to remind swimmers to drink water, use the restroom and reapply sunscreen.**
 - a. **Ages 15 and under must exit pool.** Swimmers may sit on coping with legs hanging in the pool, but must otherwise be completely out of the pool (e.g. not on steps).
 - b. **Ages 16 and above, or infants in the arms of parents, may swim during safety check.**

SWIMMING POOL (ALSO SEE “SANITATION AND SAFETY”)

- 21. No eating or chewing gum allowed within 10 feet of the pool.** Drinks must be in spill-proof containers to be poolside.
- 22. No walking, standing, or sitting on the partition wall between the diving well and the shallow area.**
- 23. No hanging from the basketball goal or backstroke flags.**
- 24. When the pool is crowded (per lifeguard’s judgment) certain activities may be suspended** (Examples: throwing objects in/across the pool, large floats in pool, etc.)
- 25. When lane ropes are present, lap lanes are for lap swimming only.**
- 26. All games played must be safe and reasonable (per lifeguard’s judgment).**
 - a. Players should begin all games in the water or from the pool coping.
 - b. Absolutely no running and diving into the water at any time.
- 27. Lap swimmers receive priority status during Safety Check.** Basketball games must be stopped immediately and deep end area cleared.
- 28. Additional rules are posted at the Baby Pool, Slide, and Diving Boards.** Please see the signs posted in those areas, or find the complete list on our website.

OFFICE

- 29. All members must sign-in at arrival** (*also see “Guests”, if applicable*).
- 30. Only staff members on duty should be in the office at any time.**
- 31. Calls on pool phone should be limited to 2-3 minutes.**

BATHROOMS

- 32. Keep the restrooms neat and clean.** Ensure toilets are properly flushed after use and used paper products are placed in trashcans.
- 33. Keep the diaper changing area clean** and properly dispose of all diapers, wipes, etc.
- 34. The bathrooms are cleaned daily, with regular spot checks throughout the day.** Report any problems to personnel on duty.

GUESTS

- 35. Guests must be signed in by the hosting member and all guest fees paid at time of arrival.**
- 36. The **host member agrees to** be responsible for his/her guests, **inform guest of pool rules,** and must be present at all times during their visit.**
- 37. Guest children between the ages of 9 and 18 may attend the pool with a member child without an adult** if they are able to pass a basic swim test and have an Unsupervised Guest Child Policy waiver signed by both their parent/guardian and the sponsor member.

PARTIES

- 38. All parties should be scheduled with the manager in advance.** Reservations are on first-come, first served basis.
- 39. Party fees must be paid prior to the conclusion of the event.** Please check with the manager for current party fees.
- 40. The member(s) hosting the party are responsible for cleaning up any areas impacted by party activities.**

BABY POOL RULES

- 1. Baby Pool is reserved for younger swimmers** (typically 5 years of age and younger).
- 2. Parents must be within fenced area of baby pool to provide supervision and safety.**
- 3. Maximum of 15 swimmers allowed in Baby Pool.**
- 4. All children that are not fully potty trained must wear a swim diaper at all times.**

5. **Notify the pool staff immediately if an accident occurs with respect to bodily waste.**
6. **Do not use the pool (including playing in the water) when:**
 - a. You have had diarrhea, fever, or other symptoms of illness in the last 24 hours.
 - b. You have a contagious disease or open wounds/sores.
7. **No eating or chewing gum allowed within 10 feet of the pool.** Drinks must be in spill-proof containers to be poolside.
8. **No glass containers.**
9. **Clean up after yourself and your guests.** Dispose all trash in trashcans or recycle bins.
10. **All other Mountain Springs Swim Club Rules apply.** Please see the sign at the main entrance, or find the complete list on our website.

DIVING BOARD RULES

1. **The diving board has a weight limit of 250 lbs.**
2. **Only one (1) person allowed on the diving board at any time.**
3. **Dive or jump straight ahead only.** No diving/jumping to the side. Divers that come too close to the board during a dive/jump (per lifeguard's judgment), will be instructed to cease that dive/jump.
4. **Only one (1) bounce per dive.**
5. **Diving area must be clear before the next diver follows.**
6. **Members wanting to use the boards for diving or jumping receive priority status.** All games must be stopped immediately and diving area cleared.
7. **All other Mountain Springs Swim Club Rules apply.** Please see the sign at the main entrance, or find the complete list on our website.

SLIDE RULES

1. **The slide has a weight limit of 250 lbs.**
2. **Only one person at a time allowed on the slide (including ladder).** The next person in line must wait at the bottom of the ladder until the pool area beneath the slide is clear.
3. **No stopping or climbing inside the slide.**
4. **Slider must slide feet-first.**
5. **Slider cannot carry anything down the slide** (e.g., kickboard, water gun, tube float, etc).
6. **All other Mountain Springs Swim Club Rules apply.** Please see the sign at the main entrance, or find the complete list on our website.