

JCC Indoor Pool Rules

General Rules:

- Lifeguard on duty has final say regarding all pool rules, pool regulations and pool situations
- State law requires showers immediately before entering the pool; please be courteous to other members when completing your post swim shower.
- Diving is only permitted in the deep end of the pool; no using the starting blocks.
- Running, dunking, pushing or throwing persons into the pool or on the pool deck is not permitted. No horseplay, riding on shoulders / hanging on from behind, excessive splashing, flipping into the water off deck, jumping on one another in or around pool is allowed.
- Hanging on ropes / lane lines, stairs, ladders or other pool equipment is not permitted.
- Playing or sitting on the ramp / stairs is not permitted. Please do not sit or block traffic on the ramp. Lifeguard must always be able to see you.
- Strollers, car seats etc. are not permitted on the indoor pool deck.
- Water wings or other inflatable flotation device are not allowed. All personal flotation devices (PFD) must be U.S. Coast Guard approved.
- A proper bathing suit or swim dress is required in the pool; No underwear or cut-off jeans/pants allowed; Must not wear street clothes in pool.
- You must wear a different pair of shoes on the deck other than you wore outside (i.e., sandals, water shoes); No street shoes are allowed on the pool deck.
- Avoid spitting in the pool or on the pool deck.
- For your own safety no breath-holding games allowed.
- Please allow the on-duty lifeguard to concentrate on the pool.

Kids Rules:

- It is at the discretion of the lifeguard when it comes to safety. Anyone may be asked to take a swim test. All children under the age of 11 must take and pass a deep end swim test to swim in water over 5 ft. Anyone struggling to swim in deep water may be required to test.
- Children age 11 and older may swim on their own.
- An adult (16+) must supervise children ages 8 – 10 years old. Supervision means always having eyes on kids. An adult swimming laps is not considered supervision. An adult swimming in general lane must be within the vicinity of the kids and watch them.
- Any adult (16+) may have no more than 4 total children with them at a time.
- Children under age 8 are not allowed in the pool unless an adult (16+) accompanies them into the water. Adult must be able to reach the child instantly at all times. There is a ratio of 1 adult to 2 children at the pool under the age of 8.
- A child of any age who has passed deep end test can swim without supervision, pending they follow all pool rules.
- During single gender swim, children under age 6 of opposite gender is allowed.



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- Infants and toddlers who are not potty trained MUST wear specially made swim diapers, i.e. little swimmies. No disposable diapers or rubber pants are permitted in the pools

Pool Etiquette

- A maximum of 4 lap swimmers per lap lane at one time, except during swim team. If there are more than 2 swimmers in a lane, please circle swim with others in the lane. Please join a lap lane with swimmers of similar speed if possible. Lifeguards have discretion to ask swimmers to switch lanes for patron safety.
- When joining a lap lane, please wait at end of the lane for other swimmers to finish their length before entering the lane. Please notify the swimmer that you are joining and to begin circle swimming.
- If you are not doing continuous back and forth swimming in a lap lane, you will be asked to exit that lane. Lifeguards have the right to tell you to switch lanes if the pool is busy.
- Swim classes of any kind take precedence over lap and general swim.
- All swimmers with ear-lobe length hair or longer are encouraged to wear a swim cap; tying hair up is acceptable.
- All Band-aids and bandages must be removed before entering the pool; If you have an open wound or cut, you will NOT be permitted to swim.
- Patrons must return all equipment back to its storage location. Water weights are for exercise use only by adults; kickboards are for kicking practice only and children must be supervised while using kickboards.