

IHS Pool Rules

General

- Swimming is **PROHIBITED** when pool is closed
- Swimming permitted **ONLY** when lifeguards are on duty
- Follow **ALL** lifeguard instructions (Failure to follow the lifeguards' instructions warrants dismissal from the Aquatic Center)
- No food, drink or chewing gum allowed in the pool area
- No glass in the pool area
- Persons with open sores or rashes are not permitted in the pool
- Do not discharge bodily fluids in the pool
- Children who are not locker room independent must be supervised
- Infant swim-pants or tight fitting (around the leg) suits are required for infants and toddlers. Cloth or disposable diapers are not permitted
- No Pets Allowed
- Cell phone use is not permitted in the locker rooms
- First Aid equipment is to be used **only** by authorized personnel

Swimming

- Children under the age of **16** must be supervised in the pool area at all times by an adult
- Children **6** and under or children who **cannot** swim without a floatation device must have an adult in the pool with them at all times
- Children must pass deep end test to swim independently
- Personal flotation devices are not permitted. If needed, training devices will be provided, ask a lifeguard for assistance. Children using training devices must have an adult in the pool within arms reach at all times.
- All swimmers must shower before entering the pool
- Appropriate bathing attire must be worn (blue jeans, jean shorts, cut offs or any other makeshift swimsuits will not be permitted in the water)
- Running or horseplay on the pool deck or in the pool is prohibited
- Do not hang, tug or sit on any lane lines, lifelines or other swimmers
- Masks and snorkels are **not** allowed during open swim

Diving

- Diving board is reserved for instruction and competition **only**
- The use of the starting blocks is restricted to approved swim practices, swim meets, and instructional programs
- No diving in shallow water (less than 9 feet deep) and then only when permitted by the lifeguard