



## RECREATIONAL SWIMMING RULES

### GENERAL SAFETY RULES

- Diving permitted *only* from diving boards or in diving area.
- **NO RUNNING.** No shoving, pushing, or horseplay on deck or in the water.
- No jumping backwards into the pool.
- No Water Wings/Arm Floats allowed.
- No climbing on pool covers, bleachers or fence.
- Do not call for help unless necessary.
- No hyperventilating or prolonged underwater breath holding permitted.
- Children 6 years of age and under must be accompanied and closely supervised by a responsible adult (16 years or older.) Three children 6 and under per adult.
- Children 8 years of age and under **or weak swimmers** must be accompanied and closely supervised by a responsible adult (16 years or older.) Six children 8 and under per adult.
- A swim diaper is required for all individuals who are not toilet trained.
- The City of Pleasanton is not responsible for lost or stolen items. Please do not bring valuables.

### DIVING SAFETY RULES

- No running on diving boards; no double bouncing.
- Swimmers of questionable ability or under age 6 wishing to use the 1-meter board must first pass a swim test: jump into 5 feet of water, level off, and swim 25 yards with steady forward progress.
- One person at a time on diving boards; one person at a time on ladders.
- Do not dive until diving area is clear and all persons have reached the side.
- Swim to the nearest ladder at completion of dive; never swim under a diving board.
- Divers/dives determined by staff to be unsafe may be denied use of the diving boards.
- Diving board fulcrums may NOT be adjusted.

### WATER SLIDE RULES

- Rider must be 48 inches tall.
- Riders must have beginner level swimming skills.
- Pregnant women and persons with heart conditions or back trouble should not ride this slide.
- Read and obey all posted signs and all instructions given by lifeguards.
- Food or beverages are not allowed on the slide tower.
- Eyeglasses must be securely affixed to riders with head straps.
- Swimwear with exposed zippers, buckles, rivets, or metal ornamentation is not permitted.
- Riders must wait for the lifeguard's start signal before beginning the ride.
- Only one rider permitted on slide flume at a time.
- Do not run, dive, stand, kneel, rotate, or stop on the slide. Never form chains.
- Slide must be ridden feet first lying on your back to go faster, or a sitting position to go slower.
- Keep arms and hands inside the flume at all times.
- At the end of the slide exit quickly. Do not block the end of slide.
- No swimming or floatation devices allowed in splash-down area.
- Rider's weight must not exceed 300 pounds.

### GENERAL HEALTH RULES

- Patrons are encouraged to shower before entering pools.
- A regular bathing suit is required. Street clothes used as swim attire is prohibited.
- No spitting on the decks, in the water, or in the restrooms.
- Patrons with bandages, open wounds, diarrhea, sores, or infections will not be allowed.
- No alcoholic beverages, drugs, or persons under the influence allowed in the aquatic facility.
- No glass is permitted.

### DISCIPLINE PROCEDURE

- Verbal warning - call attention to the infraction.
- Patron may be required to sit out of the pool for an amount of time deemed appropriate by aquatic staff.
- Patron will be suspended from the pool a specified length of time without refund; if under 18 years, an attempt will be made to contact parent/responsible adult. Patron may be required to present correct identification.