

General Pool Rules

- Swimming is only permitted when a lifeguard is on duty.
- Proper swim attire (bathing suits, no street clothing) must be worn in pools.
- Beverages are only allowed in non-glass, spill-proof containers. Aluminum cans are not permitted.
- Food is not permitted.
- Only U.S. Coast Guard-approved Personal Floatation Devices (PFD) are permitted.
- Individuals suspected of being under the influence of drugs or alcohol will be asked to leave the Recreation Center.
- An adult must supervise patrons aged 14 or younger at all times.
- Running on the pool deck is not permitted.
- Activities such as dunking, pushing, chicken-fighting, or any other rough play are strictly prohibited.
- Inflatable rafts, play equipment, or toys are not permitted.
- Only the provided chairs and balls may be used in the pool areas.
- Private swim lessons are permitted only with the approval of Rec Center professional staff.
- Any injury must be reported immediately to the recreation staff.
- Extended underwater breath-holding, diving, and long-distance underwater swimming are not permitted. Hypoxic training and competitive sprint swimming with little or no breaths are also prohibited.
- A swim test, involving a 25-yard length without touching the pool floor, lane lines, or walls, may be required if there are concerns about a patron's swimming abilities.
- Unsafe behavior, as determined by the lifeguard or Rec Center staff, is strictly prohibited.
- Vulgar or offensive language will not be tolerated.
- Violation of any rules may result in removal from the Recreation Center.

Competition Pool Rules

- Diving is strictly prohibited.
- Starting blocks (diving blocks) may only be utilized during scheduled practice times (for Swim Team, Triathlon Team, etc.) while under the supervision of a USA Swim & Dive certified coach.
- Hanging on, sitting on, or pulling lane lines, buoys, and ropes is prohibited.
- Extended underwater breath-holding, diving, and long-distance underwater swimming are not allowed. Hypoxic training and competitive sprint swimming with little or no breaths are also prohibited.

- Unsafe behavior, as determined by the lifeguard or Rec Center staff, is strictly forbidden.
- Running on the pool deck is not permitted.
- Swimmers must shower before entering the pool.
- Beverages are only allowed in non-glass, spill-proof containers. Aluminum cans are not permitted.
- Food is not permitted.
- An adult must supervise patrons aged 14 or younger at all times.
- Only Coast Guard-approved personal floatation devices are permitted.
- All injuries must be reported immediately to Rec Center staff.
- Private swim lessons are permitted only with the approval of Rec Center professional staff.

Dive Well Rules

- The 3-meter diving board is closed to the public; only the Dive Team and Freestyle Ski Team may use the 3-meter diving board during scheduled practice times while under the supervision of a certified USA Diving coach.
- Goggles may not be worn.
- Patrons must jump off the end of the board, not to the side, as this poses a safety hazard.
- Only one person is allowed on the diving board at a time.
- Only one bounce on the diving board is permitted.
- Patrons must exit the water immediately after each dive; the next patron may not dive until the dive well is clear.
- Patrons may not jump off diving boards with flotation devices or other objects, including objects being mid-air.
- Handstands/handsprings are not permitted.
- Water polo nets may only be used during scheduled water polo team practices.
- Extended underwater breath-holding, diving, and long-distance underwater swimming are not permitted. Hypoxic training and competitive sprint swimming with little or no breaths are also prohibited.
- Unsafe behavior, as determined by the lifeguard or Rec Center staff, is prohibited.
- An adult must supervise patrons aged 14 or younger at all times.
- No other deepwater activities are permitted when the diving boards are in use.
- Report broken equipment, unsafe conditions, and injuries immediately to Rec Center staff.
- Any violation of these rules may result in removal from the Rec Center.

Outdoor Pool Rules

- Swimming is only permitted when a lifeguard is on duty.
- In the event of lightning and thunder in the immediate area, both the pool and pool deck must be cleared of patrons and employees. The areas must remain clear of lightning and thunder for 30 minutes before patrons can return.
- Diving or flipping into the pool is not permitted.
- Patrons are not allowed to dunk on the basketball net.
- Basketball, volleyball, and football are not permitted on the pool deck.
- Patrons may only use lifeguard-provided basketballs, volleyballs, and footballs.
- Water polo balls are not permitted at the outdoor pool.
- Metal chairs are not allowed in the pool.
- Paddles, kickboards, and fins are only allowed outside during designated lap swim hours.
- Dunking, pushing, chicken-fighting, and other rough play are not permitted.
- Unsafe behavior, as determined by the lifeguard or Rec Center staff, is prohibited.
- Swimmers must shower before entering the pool.
- Proper swim attire (bathing suits, no street clothing) must be worn in the pool.
- Hanging on, sitting on, or pulling lane lines, buoys, and ropes is prohibited.
- Beverages are only allowed in non-glass, spill-proof containers. Aluminum cans are not permitted.
- Lifeguards may inspect any cooler, bag, and liquid container in the pool area.
- An adult must supervise patrons aged 14 or younger at all times.
- Only Coast Guard-approved personal floatation devices are permitted.
- Immediately report all injuries to Rec Center staff.
- Private swim lessons are permitted only with the approval of Rec Center professional staff.
- Any violation of these rules may result in removal from the Rec Center.