

Forest Hills Swim Club Rules
Updated January 28, 2018

Guest Rules

1. Guests are subject to all rules that apply to members.
2. The accompanying member shall register guests.
3. A guest pass must be deposited with the gatekeeper for each swimming guest over 3 years of age and the member must accompany the guest. A fee of \$3.00 will be charged if a guest pass is not presented.
4. Members' children may not bring more than two guests at a time unless accompanied by a parent—up to a maximum of 8 guests per family without prior Board approval. In all cases, the member parent is responsible for the conduct of the guests.

Pool Rules

1. Pool Use

- a. All members 10 years and older.
- b. Members under 10 must be accompanied by a parent or responsible teenager (13 or above) and provide direct supervision.
- c. Groups are not allowed. Forest Hills is not equipped to handle groups or large parties (i.e. athletic teams, scouting groups, large birthday parties or church groups)
- d. Small parties of up to 10 guests are permitted with Board approval.

2. Deep End

- a. A proficiency test, to include knowledge of pool rules and swimming skills will be given by a lifeguard.
- b. The swim tests consists of ability to swim one length of the pool, tread water for 1 minute, float on your back, and hold your breath under water for 10 seconds.

3. Baby Pool

- a. Intended for children 5 years and younger only.
- b. An adult must supervise. While lifeguards do check the baby pool, their focus is on the main pool and parents should never be out of arm's length from their children.
- c. A swim diaper must be worn if child is not potty trained.

4. Adult Swim

- a. Called once an hour and last for 10 minutes. 18 years and up may swim laps, no games or horseplay allowed.
- b. 17 years and younger will remove themselves completely from the water and edge of pool. This is the lifeguards' break. Adult swim does not begin until the last person is out of the pool.

5. Valuables

- a. Do not leave any valuables unattended or in the dressing rooms. Forest Hills Swim Club is not responsible for lost or stolen items.

6. Safety Rules

- a. No one should swim alone at any time.
- b. No running
- c. No rough play, disorderly conduct, dunking, pushing or throwing persons into the pool.
- d. Spitting, spouting or spraying water is prohibited.
- e. No profanity, inappropriate behavior or vulgar remarks.
- f. Diving Board:
 - i. One person allowed on the board at a time.
 - ii. Dive straight off the front of the board.

- iii. No hanging on the underside of the board.
 - iv. Back diving or back jumping can be done only from the board.
 - v. No diving until area is clear of swimmers.
 - g. Non-swimmers are not allowed in the deep end.
 - h. No persons with communicable diseases, open sores, diarrhea, bleeding or scratches will be allowed in the pool.
 - i. Wheeled toys, glass or glass containers and pets are not allowed.
 - j. No alcoholic beverages.
 - k. Food and non-alcoholic beverages are permitted on the boardwalk and lawn areas only.
 - l. Throwing of potentially dangerous objects will not be allowed (footballs, Frisbees, tennis balls, etc.)
 - m. Face masks, snorkel tubes, floatation devices will be allowed at the lifeguard's discretion.
 - n. Non-swimmers must be within arm's length of a responsible swimmer.
 - o. This is a non-smoking facility. There is no smoking on any part of pool property. This includes e-cigarettes and chewing tobacco.
7. Discipline
- a. All must obey the instructions of the lifeguard, gatekeeper or pool manager.
 - b. The lifeguard, gatekeeper, or manager is authorized to evict any person for failure to cooperate or comply with any of the above rules. The guard is also authorized to enforce any additional rules that he or she may consider necessary at the time, to provide for the safety and enjoyment of all using the club.
 - c. Violators of the safety rules will:
 - i. Receive a warning.
 - ii. Be benched for 30 minutes.
 - iii. Be asked to leave the pool for the remainder of the day or length of time determined by the guard. Violators of the pool rules will be required to leave the pool premises and repeat violators will result in the matter being referred to the Board of Directors for action.
 - d. Parents will be notified if their child is evicted.
 - e. If the individual in charge believes the rule infraction warrants additional discipline, the matter will be referred to the Board of Directors.

Pool Policies

1. Parents, whether present or not, are financially responsible for their children and guests using the club facilities. Parents are required to familiarize their children and guests with all pool rules.
2. Members who are delinquent in their payments will not be allowed to use the pool.
3. All members and their guests are required to register upon entering the club.
4. Tampering with or defacing swim club property or equipment is forbidden and the responsible member shall be charged for damages.
5. The pool is to be kept locked at all times, the gatekeeper will let in members.
6. The pool will be closed when the air temperature drops below 65 degrees and no one is in the pool. The pool may close for inclement weather. Lifeguards need approval from a Board Member to close the pool before normal closing time.
7. Members may bring to the Board of Directors any concerns regarding pool rules, policies, safety, cleanliness, or any observed employee behavior they have concerns about.