

Woodridge Swim Club

Rules & Regulations

These rules and guidelines have been put in place to ensure the safety and enjoyment of all Woodridge Swim Club members

1. All members and guests, including children, shall use the pool and facilities at their own risk. **All children 9 & under must be supervised by someone at least 14 years of age. Those children who are 10-13 years of age may be admitted without supervision with parental consent given via a signed emergency contact form.**

2. Upon entering the pool grounds, ALL MEMBERS must give their membership card to the office personnel. These cards will be returned as the member leaves.

3. The lifeguards and pool staff are to be obeyed at all times.

Infractions of the rules will be handled in the following manner:

- 1st offense will result in a verbal warning
- 2nd offense will result in the patron being benched for 5 mins.
- 3rd offense will result in the patron being asked to leave for the day

4. There is no swimming if lifeguards are not on duty.

5. Do not distract the lifeguards or block their view.

6. Persons with infections or diseases that may be transmitted by the pool water are prohibited from entering the pool. Any open wound(s) must be properly bandaged.

7. No running, pushing, dunking, wrestling or horseplay at any time. **Running is NOT allowed on the entrance ramp of either pool.**

8. There is no diving from the deck around the shallow parts of the pool. "No diving" is clearly marked in these areas.

The diving well will be open for diving at approximately 1:00 on a daily basis. It is up to the discretion of the manager on duty to decide whether or not to open the diving well more than once each day.

9. Deep End/Diving Board/Sliding Board Eligibility

The racing pool (deep end), diving board and/or sliding board areas can only be used by swimmers who have passed the LAP SWIM TEST for the manager or assistant manager. No child is permitted to use the deep end, diving board or sliding boards until this requirement has been met.

The minimum age to take the lap test is 5 yrs old. HOWEVER, THE RECOMMENDED AGE IS 6 YRS. *Please ask to have your child tested only when you are absolutely sure they can pass.

- **A child needs to be able to swim one length of the pool freestyle, with their face in the water, eyes open with no goggles and breathing to the side. The strokes must be strong and consistent for the entire length. (We care about the safety of your child, and this is why this rule is strictly enforced).**

10. Diving Board

Each qualified swimmer using the diving board must follow these steps:

- Wait until the swimmer ahead of you has reached the ladder at the corner of the pool closest to the snack bar.
- Go off the board in a straight motion.
- A maximum of **one bounce** may be made at the end of the board.
- Swim freestyle to the ladder at the corner of the pool closest to the snack bar.
- Exit by using the ladder, NOT the pool wall/edge.

11. Sliding Board

Each qualified swimmer using the sliding board must follow these steps:

- Wait behind the orange cones at the base of the steps until the swimmer ahead of you has gotten to one of the ladders in the sliding board area.
- Even though there are 2 slides, only 1 person is allowed to use the sliding board area at a time.
- Go down the slide immediately after you get to the top of the platform
- Go down “feet first” and “on your back”
- Exit the area using the ladder. Do not swim under the lane line.

12. Deep End Swims:

Each qualified swimmer must follow these rules while swimming in the diving well.

- This area is only available when an announcement has been made and an orange cone has been placed on the diving board.
- Lap lanes should only be used for lap swimming.
- Swimmers **may not** dive off or hang on diving blocks
- Swimmers **may not** run and dive. You are only allowed to take one step and then dive off the edge of the deck. **Do not** dive on or over other swimmers.
- Swimmers **may not** hang or rest on the lane lines
- **Remember-** Swimming in the deep end is a privilege, and it will be taken away if the rules are not followed.
- The deep end swim will end when an announcement is made and the orange cone is removed.

13. Lap Lanes:

These lanes are available for swimming laps and testing for deep end privileges.

- Please swim in a circle swim formation by swimming down the right side of the lane at all times.
- Swim lessons may be held in one of the lanes at the discretion of the manager outside the hours of 1:00pm – 4:30pm

14. No hanging on the lap lanes at any time.

15. Baby Pool:

- This pool is for children 6 and under or at the discretion of the manager.
- Children must be supervised by an adult at all times.
- Swim diapers are required for children who are not potty trained.
- Small floatation devices are permitted with adult supervision.

16. No squirt guns are permitted in the pool area. They may only be used on the open grassy field below the pool area. Please use caution by aiming below the neck when splashing others.

17. Playground equipment is for children 10yrs and younger.

18. Raft Day:

- This will be held every Wednesday.
- Overcrowding may restrict the use of larger tubes.
- Noodles are NOT permitted.
- Floatation devices may be used by young children who need assistance on days other than Wednesday. However, a responsible adult must be in the pool within arms length of the child at all times.

19. Swim Lessons:

- The Board voted unanimously at the 6/27/2012 board meeting that swim lessons cannot take place daily between the hours of 1:00 pm and 4:30pm. Use of the lap lanes for lessons is at the discretion of the manager on duty.

20. Pets are not permitted on the premises.

21. All glass is forbidden on the pool grounds.

22. Alcoholic beverages are NOT permitted on the premises.

23. No loitering around the office.

24. All members/guests are responsible for throwing away their trash.

25. Limit showers use to 5-10 minutes and turn the water completely off.

26. Appropriate swim attire must be worn at all times.

27. At the first sighting of lightning or 1st crack of thunder, swimmers must vacate the pool. They will be asked to move to the bathhouse in a safe and orderly fashion. Swimmers will not be allowed to reenter the pool until there has been at least 30 minutes with no thunder or lightning.

* Management will be overly cautious in this matter.

28. Lounge Chairs:

- On busy days, an announcement will be made limiting the use of lounge chairs to members and guests that are 18 and over.

29. Swim Meets:

- Woodridge Swim Classic(Saturday in the middle of June)-Pool opens 30 minutes after the meet is over. This could be as early as 3:00. Feel free to call to check the status of the meet.
- The competition part of the main pool will close for home meets at 5:00 pm.
- The recreation part of the main pool and the baby pool will remain open.

*Check the pool website for the home swim meet schedule.

Management will be happy to answer any questions that members may have.