

Indoor Water Park and Lap Pool Guidelines

General

- 1. A child 11 years old or younger must be supervised by an adult (18+) within the pool area.
- 2. Do not enter the pool if you suspect you have a communicable disease or open cuts or blisters.
- 3. No diving in shallow end
- 4. No street shoes on the pool deck.
- 5. Must wear clean and family appropriate swimming attire. T-shirts will be allowed as appropriate swim attire. No pants or sweatshirts will be allowed
- 6. Children in diapers must wear reusable plastic pants or swim diapers with a snug elastic waist and legs.
- 7. Diaper changing on the pool deck is prohibited, use the locker room.
- 8. Shower before entering the pool or after use of toilet facilities.
- 9. No food, gum or glass containers on the pool deck. No alcohol or tobacco use allowed.
- 10. Bottles or glass containers of any type are not permitted on deck, in pool area, or in locker room.
- 11. Persons under the influence of alcohol or narcotics are prohibited from using the facilities.
- 12. No smoking in the pool area or locker room.
- 13. Animals are NOT allowed in pool areas or locker rooms.
- 14. Must be 16 or older to use the steam room.
- 15. Innertubes, toys, super soakers ect. will not be allowed in the water during public swimming hours. (This does not apply to class instructions, special event or circumstance that has been pre-approved by Aquatic Coordinator)
- 16. No hanging or climbing on the basketball hoops, wall separators, ropes and fencing.
- 17. Riding on the shoulders is not permitted.
- 18. Prolonged breath-holding activities are not permitted.
- 19. Do not plug holes in the jet area or any waterspouts.
- 20. Children using flotation devices need to be supervised by a parent or guardian and within arm's reach when in the lap pool or jet pool areas. (5 feet or less).
- 21. Patrons may have to demonstrate their swimming ability before entering deep water.
- 22. Running, pushing, and shoving in pool area or locker rooms are prohibited. Do not engage in rough play in the pool area or locker rooms.
- 23. The water park is open only when lifeguards are present.
- 24. Profanity, improper behavior, intoxication and vulgar remarks are prohibited.
- 25. Special aquatic group activities must have the approval of the Aquatic Coordinator.
- 26. No one except pool staff will be allowed in the Lifeguard office area.

Slide

- 1. When no lifeguard is present the slide is closed.
- 2. No life jackets or floatation devices allowed on the slide.
- 3. Toys are not allowed on the slide.
- 4. Only one person is allowed to go down the slide at a time, unless an adult is going down the slide with a child.
- 5. The child must meet the height requirement (48 inches) to go down alone.
- 6. An adult 18 or older is allowed to go down the slide with a child.
- 7. No catching someone at the bottom of the slide.
- 8. Must enter the water feet first at the bottom of the slide.
- 9. Throwing things off the slide is prohibited.
- 10. Goggles are allowed on the slide.

Floatation allowed:

Swim vests (Pictures below) (allowed at Lunda)



Life jacket (Pictures below) (allowed at Lunda)



<u>Floatation not allowed:</u> (if you have to blow air into it they are not allowed) inflatable water wings (Pictures below) (not allowed at Lunda)







Lap lane etiquette

1 and/or 2 swimmers in a lap lane:

- Choose a lane according to your skill
- Enter and exit from the end of the lane
- Stay in your side of the lap lane



3+ swimmers in the lap lane

- Choose a lane according to your skill
- Enter and exit from the end of the lane
- Give other swimmers space
- Don't push off before a swimmers turn
- Turn at center of lane
- Never stop in the middle of the lane
- Rest in corner
- Stop in corner to let swimmer pass



Lap swim designated times are for ages 18 years and older.

A high school swim team student is able to swim laps during the adult lap swim time with a note from swim team coach.

Classes

- 1. Must sign up and pay for the class prior to partaking.
- 2. Classes are first come first serve.
- 3. Only class participants are permitted in the water while a class is in session. No one can enter the water until class is completed, which is when the instructor says they are complete.
- 4. Participants of a class must join in the class activities and cannot do their own thing in a different area of the pool.