

## Jimmy C. Draughn Aquatic & Fitness Center

### Valdeese Recreation Department

### POOL RULES

THESE RULES HAVE BEEN IMPLEMENTED AND ARE ENFORCED FOR  
 THE SAFETY AND WELL-BEING OF OUR PATRONS AND STAFF.  
 FAILURE TO ABIDE BY THESE RULES AND INSTRUCTIONS OF POOL STAFF/LIFEGUARDS  
 MAY RESULT IN BEING ASKED TO LEAVE OR A SUSPENSION FROM THE FACILITY.

- **A LIFEGUARD MUST BE ON DECK BEFORE PATRONS ARE ALLOWED ON DECK.**
- **CHILDREN UNDER AGE 10 MUST BE ACCOMPANIED BY AN ADULT IN POOL AREA. A SUPERVISING ADULT SHOULD BE WITHIN ARM'S REACH OF CHILDREN UNDER AGE 5.**
- **SWIMMERS MUST WEAR SWIMSUITS.** NO CUTOFFS ALLOWED. A T-SHIRT MAY BE WORN WITH A SUIT.
- **INFANTS AND TODDLERS MUST USE SWIM DIAPERS.** NO REGULAR DIAPERS SHOULD BE USED IN THE POOL. DIAPERS SHOULD NOT BE CHANGED DECKSIDE. THERE ARE CHANGING STATIONS IN THE LOCKER ROOMS.
- **ONLY COAST GUARD-APPROVED LIFE JACKETS/PUDDLE JUMPERS PERMITTED.** NO INFLATABLE FLOTATION DEVICES OR FLOATS PERMITTED. NOODLES MAY NOT BE USED AS FLOTATION DEVICES.
- **SWIMMERS USING PERSONAL FLOTATION DEVICES/ LIFE JACKETS MUST REMAIN IN SHALLOW END UNLESS ACCOMPANIED BY AN ADULT IN ARM'S REACH (RATIO OF 1 ADULT:1 LIFE JACKET USER).**
- **POOL TOYS ARE SUBJECT TO LIFEGUARD APPROVAL.** DO NOT THROW TOYS. NO WATER GUNS.
- **NO DIVING IN THE SHALLOW END OF THE POOL.**
- **ONLY FORWARD DIVES ARE PERMITTED IN THE DEEP END:** NO FLIPS, INWARD DIVES, TWISTING DIVES, OR REVERSE DIVES ARE PERMITTED.
- **NO RUNNING ON POOL DECK OR LOCKER ROOM AREAS.**
- **NO HORSEPLAY AT ANY TIME:** EXCESSIVE SPLASHING, DUNKING, WRESTLING, THROWING CHILDREN, SITTING ON ANOTHER SWIMMER'S SHOULDERS, OR ACTIVITIES DEEMED DANGEROUS TO PATRONS.
- NO BREATH-HOLDING GAMES OR PROLONGED BREATH HOLDING.
- **DO NOT CLIMB ON ANY RAILINGS OR HANG ON SAFETY ROPES, STARTING BLOCKS, OR LANE LINES.**
- **PLEASE KEEP DECK AREAS MARKED IN YELLOW CLEAR OF CHAIRS AND PERSONAL ITEMS.**
- **PLEASE KEEP BRIDGE AREA BETWEEN BABY POOL AND SHALLOW AREA CLEAR.** IF YOU NEED ASSISTANCE EXITING THE POOL, PLEASE ASK A LIFEGUARD TO REMOVE THE BRIDGE FOR YOU.
- **STARTING BLOCKS ARE ONLY TO BE USED UNDER SUPERVISION OF A SWIM COACH DURING PRACTICES OR COMPETITION.** THE BLOCKS ARE OFF LIMITS TO PATRONS AT ALL OTHER TIMES OF OPERATION.
- **PULL BUOYS, KICKBOARDS, SNORKELS, AND OTHER TRAINING AIDS ARE PERMITTED IN LAP SWIM LANES ONLY.** PLEASE RETURN THEM TO THE SHELVES ONCE YOU HAVE COMPLETED YOUR WORKOUT.
- **IF SHARING A LANE, LAP SWIMMERS SHOULD CIRCLE SWIM.** SHARING OF LANES IS ENCOURAGED DURING PEAK HOURS.
- **PATRONS WHO HAVE RECENTLY HAD OR STILL HAVE DIARRHEA SHOULD NOT SWIM.**
- **NO SWIMMING WITH OPEN SORES OR CUTS, POISON IVY, OR ATHLETE'S FOOT.**
- NO PROFANITY, VULGAR, OBSCENE, OR INAPPROPRIATE LANGUAGE PERMITTED.
- **NO GUM, FOOD, OR GLASS CONTAINERS ON DECK.** CONCESSIONS MAY BE PERMITTED IN DESIGNATED AREAS DURING PARTIES. PLEASE THROW AWAY ANY TRASH. NO ALCOHOL USE IS ALLOWED AT FACILITY.
- NO PETS PERMITTED ON DECK OR IN THE FACILITY.
- **NO SMOKING, VAPING, OR TOBACCO USE IS PERMITTED ON ANY TOWN PROPERTY**