

LADERA RECREATION DISTRICT

POOL RULES

These rules have been established to protect the health and safety of our swimmers.

LRD members are allowed to bring 3 guests to use the pool **and** must be present with the guests at all times. **Any individual may only be considered a free guest a maximum of 3 times per month.** Additional visits require a guest fee of \$10. Guest fees apply for any guests over the 3 allotted per family. **Guest privileges are not valid for family members living in the same household.** The fee for non-members is \$15 per person or \$120/10.

GENERAL

NO GLASS ALLOWED ON POOL DECK. DRINKS MUST BE DECANTED INTO PLASTIC GLASSES OR DECANTERS. ALL BOTTLES MUST BE KEPT INSIDE COOLERS OR SIMILAR CONTAINERS TO AVOID ANY POSSIBILITY OF BREAKAGE

- Sign in before entering the pool area. (**A member must accompany guests**).
- Swimmers must always shower before entering the pool.
- Lanes are for adult (eighteen and older) lap swimming only. If no adults are in the lanes, children may swim laps but must **always** yield to adults.
- Dogs and music devices are not allowed in the pool area
- No RUNNING on pool deck.
- No horseplay allowed inside the pool area, showers, and locker rooms.
- No flotation devices, flotation swimsuits, or kickboards allowed in recreational swim area. (Fins and kickboards are allowed in the lap lanes.)
- Only LRD appointed instructors are allowed to teach lessons in the pool.
- All pool staff are authorized and required to interpret and enforce pool rules. Anyone breaking the rules or jeopardizing pool safety may be asked to leave.

Infants/Children

- Children under ten years of age may not be left on the premises without adult supervision.
- Children are eligible to take the Red Star Swim Test at age eight. If they pass they may swim without **poolside** supervision, but the adult must remain on in the pool area.
- Children who are not potty trained must wear 'double duty' swim diaper – i.e. swm diapers covered by plastic pants with elastic legs and waistbands. (These are all available for sale in the lifeguard office.)
- **Fecal contamination WILL ALWAYS result in pool closure**
- In busy periods lifeguards may call a 10-minute "Adult Swim". Please encourage your child/children to use the bathroom facilities at these times.
- Only children six years and younger may use the wading pool.

Diving

- Diving is allowed only in diving "L".
- No recreational swimming in diving "L" when board is open.
- When only **ONE** lifeguard is on the pool deck, the diving "L" of the pool will be closed.
- One person at a time allowed on diving board.
- No back dives.
- One bounce only on the diving board.

Pool Closure

- Pool will be closed at 3:00 pm for swim meets and other times at the discretion of the Management. Dates will be posted.