



## **BOYS & GIRLS CLUBS OF METRO SOUTH**

### **Safe Pools Have Rules!**

Please observe all pool rules when using the Aquatic Center. Rules are posted and enforced by the lifeguards. Swimming without a lifeguard is strictly prohibited.

- Proper bathing attire is required.
- No persons with a communicable disease shall be permitted use of the pool.
- All swimmers 7 and under must have an adult in the water with them within arm's reach at all times (aside from swim lessons/swim team).
- No photos/videos will be allowed in the pool area. If parents wish to take pictures during swim lessons, approval must be given by the Aquatics Director prior to the lesson.

### **Open Swim/Family Swim**

Lifeguards are on duty at all times that the pool is open.

All swimmers wishing to use the deep end must take the deep end test, which consists of:

- Swim one pool length strongly
- Climb out at the end of the pool
- Jump in and submerge
- Tread water for 1 minute

Swimmers must pass each portion of this test to receive a deep end bracelet. Lifejackets are available for non-swimmers. If a swimmer does not pass the deep end test but does not wish to wear a lifejacket, they must be able to stand flat foot at the deepest part of the shallow end with their head above water.

Lifeguards have full authority over the pool and will put the proper floatation on swimmers that they deem fit. All swimmers 7 and under must have an adult in the water and within arm's reach at all times.

### **Swim Lessons/Swim Team**

Parents may observe swim lessons from our bleachers. Swim lesson participants under the age of 11 must have an adult present in the pool area during their lesson.