



SWIMMING POOL RULES AND REGULATIONS



CALVERT COUNTY DIVISION OF PARKS AND RECREATION

The following rules and regulations have been established for the benefit of all users of the Swimming Pools to assure the safe operation of the aquatic facilities and to provide safe, enjoyable recreation for all. Patrons are requested to cooperate in observing these rules and to obey the instructions of the Aquatic Staff. Patrons violating swimming rules are subject to the revocation of their swimming privileges.

The Division of Parks and Recreation reserves the right to refuse admittance into any county swimming facility when the capacity of the pool has been reached or when otherwise deemed necessary for the health, welfare or safety of its patrons.

The Pool Manager or their designated assistants are responsible for the operation of the pools. Their instruction must be followed at all times. Should disagreement arise, **patrons are advised to contact the Pool Manager.**

GENERAL RULES & ADMISSION POLICIES

1. No one will be allowed in the swimming area unless the pool is officially open and a lifeguard is on duty. Entry upon the pool premises when it is not open for public use is trespassing and will be punished accordingly.
2. Calvert County assumes no liability for injuries or damages arising from the results of participation. Due to the strenuous nature of some activities, the participant is advised to consult his/her physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant assumes.
3. Admission fees must be paid by all patrons' ages one (1) year and older upon each entry to the pool complex.
4. Rain checks may be issued when the facility must be closed due to storm or equipment malfunction. They will only be issued to those admitted within 30 minutes of the closure.
5. Guards have authority to enforce all pool rules. Patrons who repeatedly violate the rules may be denied use of the pool complex by the Manager.
6. No street shoes allowed on decks. Pool users must wear swimming suits or swimming trunks upon entry into the pool. **Clothing such as cut-offs, gym shorts, and underwear is not permitted as swimwear.** Clean swim shirts (non-cotton) may be worn for modesty or medical reasons.
7. Children under 13 entering the pool complex must be accompanied and actively supervised at poolside by a responsible person 16 years old or older. Children (5) **five years and under** need to have a responsible person at least 16 years of age in the water with them.
8. Food or refreshments may be consumed only at snack bar, vending area or other prescribed areas. No food or drinks are permitted on pool decks or sunning areas other than water in plastic bottles. All refuse and waste papers must be deposited in designated receptacles.
9. No food or drink of any kind may be brought into the pool complex except water in plastic bottles.
10. Leave valuables at home. Calvert County is not responsible for personal property or valuables at any time. Lost & Found will be disposed of weekly. Valuables may **not** be checked with the cashier or pool staff. Patrons are **not** permitted to leave locks on lockers overnight. Locks will be cut off and locker contents will be placed into Lost and Found.
11. Glass containers, alcoholic beverages, drugs and pets are not permitted in the pool complex. An exception will be made for service dogs as required.
12. Persons under the influence of alcohol or drugs will not be permitted in the pool complex or any Park property.
13. Smoking is **NOT** permitted **anywhere** in the pool complex.
14. No person within the pool complex shall behave in such a manner as to jeopardize the safety, health and enjoyment of himself/herself and others.
15. Loitering will not be permitted on the pool grounds or within any of its facilities.
16. Running, boisterous or rough play, pushing, acrobatics, dunking, wrestling, splashing, yelling, diving or jumping haphazardly, snapping of towels, abusive or profane language, **improper conduct causing undue disturbances in or about the pool area or any acts which would endanger any patron are grounds for expulsion.**

17. Headphones **must** be worn when listening to musical or entertainment devices.
18. Spitting, spouting of water, blowing nose or urinating in the pool is prohibited.
19. All patrons must take a cleansing soap shower before entering the deck area. Sun bathers **SHOULD** shower before each entrance into the water in order to rinse off perspiration, lotions, sunscreens, etc.
20. Children 6 years of age or older must change in the appropriate family locker room or see a Manager for special arrangements.
21. Any person having a skin disease, sore or inflamed eyes, cold, nasal or ear discharge, communicable disease, or who is wearing any kind of bandage or band-aid will not be permitted in the pool.
22. Persons having any considerable area of exposed sub-skin, tissues, open blisters, cuts, etc., are warned that these are likely to become infected. Such persons may not use the pool.
23. Any adult or child who is experiencing even a mild case of diarrhea may not use the pool.
24. Anyone not toilet-trained (incontinent) who wishes to enter any pool must wear a clean diaper covered by separate rubber/vinyl pants, all of which, must fit snugly around the legs and waist, or disposable swim pants (Little Swimmers). Disposable diapers are not allowed. If the diaper becomes soiled, this person must leave the pool immediately, and may not return until he/she has taken or been given a soap shower and has been recovered by a new diaper with clean rubber/vinyl pants.
25. Prior to entering the pool complex, any patron requiring special accommodations must inform the Pool Manager of his/her needs. Such a person must provide additional assistance as required.
26. Any injury occurring in the pool area must be reported to the pool management immediately.
27. Employees are the only persons allowed in the guard room, filter room, mechanical room, storage room and offices.
28. During storms, outdoor pools will be closed and the entire area cleared of patrons at the discretion of the Pool Manager. Due to limited cover, patrons are encouraged seek shelter elsewhere. Others must remain within the shelter of the bathhouse or their car. The pool will normally open thirty (30) minutes after the storm has passed.
29. During periods of cool weather, outdoor pools will not open when the temperature is below 70°. Once open, if the temperature falls below 70° the pool will stay open unless conditions merit closing for safety reasons.
30. **DO NOT SWIM UNDER THE BULKHEAD IN THE COMPETION POOL. (HAC)**
31. Starting blocks and platform are to be use only under the direction of a certified coach or swim instructor.

LAP SWIMMING POLICIES

****Please Keep Off Lane Dividers****

1. Periodically, lanes will be roped off for adults (18 and older) wishing to swim lengths undisturbed. Persons not swimming lengths should remain in other pool areas. For effective use, **swimmers should swim counterclockwise near the lane markers and pass in the middle when more than 2 swimmers are in a lane.**
2. Youths who show evidence of being serious lap swimmers may be granted permission by the Manager to swim laps in the lap lanes during general swim or lap swimming times.
3. Lap swimmers should arrange themselves by speed in the lanes. Please consult the directions posted or ask a lifeguard.
4. Stop only at the turning walls. Move to the side to allow others to turn, and continue.

RULES FOR GENERAL SWIMMERS

1. Use of the wading pool (CCP) is restricted to children 5 years of old and under. Each child must be supervised at poolside by a person at least 16 years old. **Children must not be left unattended.**
2. Coast Guard approved and labeled personal flotation devices designed to provide vertical support, may be worn with permission of the Manager, **provided each non-swimmer is accompanied by an adult in the pool, within arms reach.** No back floats (bubbles) or rings are permitted.
3. Prolonged underwater swimming for distance is not permitted for safety reasons.
4. Non-swimmers must remain in shallow water (chest deep or less). Management reserves the right to administer a swim test to anyone who is not demonstrating swimming proficiently.
5. Toys, balls, inner tubes, inflated boats, and rafts are not permitted in the main pools. Small toys may be allowed in the Wading Pool (CPP) or Leisure Pool (HAC) at the Managers discretion.
6. Pools may be cleared, at the discretion of the management; of all youths seventeen years of age and under for fifteen minutes prior to each hour for an adult swim and/or rest period.
7. Single groups shall not monopolize a particular area of the pool and thereby limit its use by or intimidate other patrons.
8. Wearing eyeglasses in the pool is discouraged unless absolutely necessary. Non-breakable lenses and frames are necessary for safety.
9. Gum chewing is not permitted anywhere in the pool complex for health and safety reasons.
10. Chairs are not permitted within 6 feet of the pool side.
11. **NO DIVING IN WATER LESS THAN 6 FEET.**

DIVING BOARDS RULES

1. Only one person is allowed on the diving apparatus (including ladder) at a time.
2. Divers must dive straight from the front end of the board.
3. Diver must start dive from board.
4. Divers may not spring more than once on the board.
5. Upon surfacing, immediately swim to the nearest ladder. Do not swim under the boards at **ANY** time.
6. A diver must wait until the preceding diver has surfaced and reached the ladder.
7. No general swimming is permitted in the diving area, unless, the diving boards are closed by staff.
8. Extended dives, or dives for distance from the half-meter, one-meter or three-meter boards, toward shallow water, are prohibited.
9. Diving board users must be able to swim to the ladder unassisted. Management reserves the right to administer a swim test to anyone who is not demonstrating swimming proficiently.
10. **Swim Test:** Swim 25 yards consistently and then tread water for 30 seconds.

WATER SLIDE RULES

1. All sliders must be at least 48 inches tall. The dispatchers will turn away others. Younger children may not ride with their parents. CPP
2. Only one person on the slide at a time. CPP/HAC
3. Slide feet first only, on back. Keep hands inside slide. CPP/HAC
4. No stopping, turning, standing, kneeling or rotating. CPP/HAC
5. Goggles and glasses are prohibited. CPP
6. Start slide when directed by dispatcher. CPP
7. Exit receiving pool immediately. CPP/HAC
8. If the water slide rules are not maintained, or anyone creates a disturbance in line, they will be denied its use by the pool safety staff. CPP/HAC
9. All Slide Rules as posted will be strictly enforced. CPP

THERAPY POOL & SPA/HOT TUB (HAC)

1. Spa/Hot Tub is restricted to adults (18 years of age and older).
2. Therapy Pool is restricted to adults (18 years of age and older), children five years of age and under accompanied by a parent and, participants of special programs that utilize the pools
3. Pregnant women or bathers with a history of heart disease, diabetes or circulatory problems should not use these pools.
4. Any swimmer with an infectious disease, nasal or ear discharge, exposed sub-skin tissue, or wearing a bandage may not use these pool.
5. A soap shower is required before and after using these pools.
6. Report any abuse or improper conduct to Pool Manager.
7. Persons should not remain in Spa more than 15 minutes per hour. Longer exposure may be dangerous.

FITNESS ROOM (HAC)

1. Use of the Fitness Room is restricted to adults (18 years and older).
2. Consult physician before using equipment and/or beginning an exercise program.
3. Wet swimming suits or other wet apparel are not permitted in Fitness Room.
4. Appropriate workout shirts, shoe (closed toe), and pants/shorts must be worn when using this room.
5. Lower weight stack gently and quietly
6. Use of the cardiovascular equipment is limited to **30 minutes** when others are waiting.
7. Headphones **must** be worn when listening to musical or entertainment devices.

SWIM LESSON POLICIES

1. In order to assist us in offering a quality program for your child, we ask that you do not remain in designated observation area unless it is otherwise stated in the class description.
2. The program fee covers only the lesson and no other use of the facility is permitted.
3. Participants may enter the pool area only 10 minutes prior to the start of class.
4. Lesson questions should be directed to the Swim Lesson Supervisor at the facility where you wish to enroll.
5. Withdrawal policies will be strictly followed and applies to class transfers.

HAC =Edward T. Hall Aquatic Center

CPP = Cove Point Park Pool

KLP = Kings Landing Pool

If no initials are noted, then rule/policy applies to all aquatic facilities.

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