

## Pool Rules

1. Children under the age of 14 must be accompanied by an adult.
2. Children under the age of 3 or not potty trained must wear BOTH a swim diaper AND rubber swim pants.
3. All swimmers must wear proper swim attire. No street clothes.
4. No glass on pool deck.
5. No diving in 5 feet of water or less.
6. No running.
7. No flips.
8. No backward entry into the pool.
9. Children who cannot swim unassisted\* must be accompanied by an adult IN the water.
10. Children who cannot swim unassisted\* may not use the diving board.
11. The wading pool is for children age 5 and younger when accompanied by an adult.
12. Adult swim is for adults only.
13. Persons may not hang on the lane lines.
14. Adults have priority on lawn furniture.
15. Lifeguards and RRC staff have the authority to enforce these and other pool rules necessary to keep swimmers safe.

*\*An unassisted swim consists of a child leaving the wall, swimming 10 feet, taking a breath and returning to the wall. An RRC lifeguard will administer this test if the parent/guardian wishes to let the child swim unaccompanied.*

**Baby Pool Rules**

1. Only children age 5 and younger may use baby pool.
2. Parents/guardians must be in the baby pool area supervising children at all times.
3. No running around the baby pool.
4. No diving into the baby pool.
5. The baby pool is closed when the sun sets.
6. No kickboards in the baby pool.
7. No flotation devices except personal vests, wings, etc.
8. All RRC swimmers under age three or not potty trained must wear BOTH swim diapers AND rubber swim pants.
9. No horseplay.

**Diving Board Rules**

- Assisted swimmers may NOT use the diving board
- Approach must start at red line
- One at a time
- Divers must immediately clear "jump zone" after entering water
- No flips or backward entries