

POOL RULES

The following are common rules found at many aquatic facilities along with accompanied Rationale. Remember, people come to a pool to have fun and enjoy themselves. Your role as a lifeguard is to make sure they have fun but are safe at the same time. It is all about finding a balance. *Give Rationale and a redirected activity each time you have a PR regarding rules.* Keep the following in mind:

Positivity

Safety

Fun

ADMISSIONS RULES	RATIONALE
<ul style="list-style-type: none"> Any child under the age of 8 must be accompanied by a parent Maximum of 2 children per adult An adult is 16 years + 	<ul style="list-style-type: none"> Recommendation of BC Coroners Agency after a Burnaby drowning with a pool at the same depth of our pool
<ul style="list-style-type: none"> Parents with children under 8, or weak swimmers under the height requirement must be within arms reach of a guardian 16 years or older at all times. 	<ul style="list-style-type: none"> Recommendation of BC Coroners Agency after a Burnaby drowning with a pool at the same depth of our pool
<ul style="list-style-type: none"> Offensive clothing must not be worn into the pool. Offensive tattoos must be covered too. 	<ul style="list-style-type: none"> Offensive to other patrons
<ul style="list-style-type: none"> We will refuse admission to anyone who appears to be under the influence of drugs or alcohol 	<ul style="list-style-type: none"> Impaired judgment of patrons can endanger themselves and other patrons
<ul style="list-style-type: none"> Swimmers with infections or open sores cannot enter the pool area 	<ul style="list-style-type: none"> Hepatitis and other contagious diseases as well as Health Act Regulations
<ul style="list-style-type: none"> We allow swimmers to bring inflatables into the pool from home at the supervisor's discretion. 	<ul style="list-style-type: none"> The equipment must be clean and safe

DIVING BOARD RULES	RATIONALE
<ul style="list-style-type: none"> Diving board should be kept clear of swimmers and mats. Inverted dives and seat drops are not permitted. 	<ul style="list-style-type: none"> Jumping onto mats could cause a lumbar. Inverted dives and seat drops could cause someone to hit their head or back on the board
<ul style="list-style-type: none"> Only one diver at a time should be on the diving board at a time. Divers must go straight off the end of the board and should swim directly to the wall after their entry. No one is allowed under the board. 	<ul style="list-style-type: none"> These are all to prevent patrons from jumping onto each other
<ul style="list-style-type: none"> Divers are allowed a reasonable number of bounces. 	<ul style="list-style-type: none"> Excessive bounces can lead to loss of balance and slipping off the board
<ul style="list-style-type: none"> One person on the diving board at a time 	<ul style="list-style-type: none"> The second person may jump on top of the first person by accident
<ul style="list-style-type: none"> No hanging on the diving board 	<ul style="list-style-type: none"> If a patron is hanging on the board and another patron jumps off the board the board can flex down and hit the child on the head.

GENERAL RULES ONCE IN FACILITY	RATIONALE
<ul style="list-style-type: none"> No shoulder rides or wrestling on shoulders (chicken fights) 	<ul style="list-style-type: none"> A small child can fall backwards under the water without the parent realizing. During chicken fights if the person on the shoulders falls sideways and tries to remain upright by pulling on the head of the person beneath, a spinal is likely
<ul style="list-style-type: none"> No diving in the shallow end 	<ul style="list-style-type: none"> Spinal concerns
<ul style="list-style-type: none"> No food in the pool 	<ul style="list-style-type: none"> Patrons can choke while swimming Also helps keep our pool clean
<ul style="list-style-type: none"> No safety equipment may be used by any patrons. This includes reaching poles, lifesaving rings or lost child masks 	<ul style="list-style-type: none"> Equipment is required to be on deck by the health act
<ul style="list-style-type: none"> Swimmers are not permitted to be overly sexual with each other: (necking petting etc). Swimmers cannot be overly loud, rude etc. 	<ul style="list-style-type: none"> This is a family facility and these actions may be offensive to our patrons
<ul style="list-style-type: none"> Back dives off the blocks and of the deck are not permitted 	<ul style="list-style-type: none"> The blocks are very close to the wall and from this height if the patron continues toward the wall they could get a spinal
<ul style="list-style-type: none"> Flips are not permitted from the deck or the blocks 	<ul style="list-style-type: none"> A patron can easily hit their head on the pool deck while rotating
<ul style="list-style-type: none"> Flippers are only permitted in the water. No walking on deck with flippers 	<ul style="list-style-type: none"> Patrons are more likely to fall if they walk in flippers
<ul style="list-style-type: none"> Diving not permitted of the areas of the deck that do not have a green line. 	<ul style="list-style-type: none"> Diving from the deck near the diving board is dangerous as 2 patrons could hit each other

MAT / BOAT RULES	RATIONALE
<ul style="list-style-type: none"> No standing on mats in the shallow end. 	<ul style="list-style-type: none"> Falling head-first from a standing position in the shallow end is the same as diving into the shallow end.
<ul style="list-style-type: none"> No standing on mats / boat within 1 meter of the wall 	<ul style="list-style-type: none"> If a child falls they can hit their head on the wall.
<ul style="list-style-type: none"> No jumping onto mats / boat with feet first 	<ul style="list-style-type: none"> If the patron slips back they can hit their head on the deck
<ul style="list-style-type: none"> No flips onto mats / boat or jumping head-first onto the mats. 	<ul style="list-style-type: none"> A staff member from a local facility broke his neck doing this.
<ul style="list-style-type: none"> Boat must not be flipped over 	<ul style="list-style-type: none"> A child wearing a PFD or using any other floatation device can become trapped underneath if the mat is flipped

PFD AND B. BALL RULES	RATIONALE
<ul style="list-style-type: none"> Children under 8 that cannot swim one width of the pool must be in a PFD. 	<ul style="list-style-type: none"> PFD's are approved by the department of transportation; other buoyant object can be destroyed, taken off etc, then grab onto a parent and take them down. Even lifeguards need to bring an aid.
<ul style="list-style-type: none"> Adults must stay within arms reach of children under 8 years even if the child is wearing a PFD 	<ul style="list-style-type: none"> A child can drown in a PFD because the PFD will not roll a child onto his/her back. Also the parents need to monitor facial expression because children can become very scared and traumatized if left alone.
<ul style="list-style-type: none"> Children (over 7 years) that can't swim a width of the pool with a lifejacket or can't switch from their front to their back are not allowed in deep water without a parent. 	<ul style="list-style-type: none"> Children that can't turn onto their front can drown in a PFD or have a very traumatic experience.
<ul style="list-style-type: none"> No dunking or shooting Basketball from the deck. 	<ul style="list-style-type: none"> The hoop falling with the force of a duck could cause a spinal.

SLIDE RULES:	RATIONALE
<ul style="list-style-type: none"> One person on the slide at a time 	<ul style="list-style-type: none"> Prevents 2 people from colliding at the bottom
<ul style="list-style-type: none"> Adults cannot go down the slide with their children. 	<ul style="list-style-type: none"> The child is above the safety rails of the slide which means the child can fall off. Also the top of the slide is too small for 2 people to be standing at the top
<ul style="list-style-type: none"> No mats are allowed in front of the slide 	<ul style="list-style-type: none"> If a small child goes down the slide and pushes into the mats, the child could fall back and hit his/her head
<ul style="list-style-type: none"> No equipment (flippers, noodles, mats, etc) can be brought up the slide. 	<ul style="list-style-type: none"> Patrons should use both hands to hold the railings to maintain balance so they won't fall.