

POOL POLICIES

Pool rules and policies have been established to protect the health, safety, and enjoyment of all members of Olde Forest Racquet Club. Therefore, it is essential that the total membership and their guest familiarize themselves with, and adhere to, the rules. Members are also requested to assist with the governing of the rules by notifying the pool staff, in a discreet manner, of infractions (especially regarding the guest policy) of others.

The lifeguards are hired by the Club to enforce Club rules. Therefore, lifeguards are the authority on the pool deck, and their authority shall not be refused or questioned by any member or guest. All comments concerning lifeguards shall be addressed rationally with the Club Manager. Additional comments should be addressed in writing to the swim committee. Guests who do not follow the directions of the lifeguards will be banned from the Club, and members who do not follow the directions of the lifeguards may be suspended or expelled from the Club (Bylaws: Article 10; Section 1.)

1. All members and their guests must check-in prior to using the facility.
2. The pool will only be used when a lifeguard is on duty during scheduled hours.
3. Health regulations require that all swimmers take a soap shower before entering the pool.
4. No one shall use the pool during contagious or infectious diseases (i.e. bad cold, poison ivy, open wounds, etc.)
5. Smoking/vaping is not permitted anywhere on OFRC property.
6. No glass items are allowed including beverage containers. All items must be non-breakable.
7. General protective discipline shall be enforced including: no running; no pushing or shoving of other bathers into the pool; no dunking of other swimmers; no "horseplay;" no sitting on the shoulders of other swimmers.
 - a. Water games, splash balls, floats, and swim noodles will only be allowed during non-crowded times at the discretion of the pool management. Floats must be transparent as to not block the view of the lifeguards. (pinks, blues, greens, etc. are OK); No Mermaid tails (flippers are OK as long as they do not bind together the ankles and knees of the swimmer)
 - b. Alligator tag, sharks & minnows (or the like) is not allowed. The diving/slide area will be open at all times.
 - c. Tennis balls, Footballs, Frisbees, and other hard objects will not be allowed in the pool at any time.
 - d. Parents/babysitters must be in the water with children who cannot swim without the assistance of a floatation device.
8. Dividing area and sliding board rules:
 - a. No swimming in front of diving boards or slides.
 - b. Only one person allowed on the diving board or slide at a time.
 - c. No backwards sliding on the slides.
 - d. No diving to the side of the boards.
 - e. No double bouncing on the diving boards.
 - f. No hanging from the sides of the diving boards or on the sides of the diving well.
 - g. All swimmers must exit the diving well as quickly as possible.
 - h. Divers and sliders must wait until the diving area is clear before entering the pool.
 - i. Non-swimmers are restricted to the shallow water. To qualify for deep water, a person may be required to pass a swimming test. No floatation devices allowed in diving well.
9. Members are expected to place their trash in waste containers after eating.
10. Food is not permitted beyond the red line. Gum is not allowed in or around the pool.
11. The responsibility of parents and guardians who accompany children to the pool continues while the children are on the property. This includes the pool decking, bathrooms, hallways, and lounge and playground. Lifeguards are employed for the safety and welfare of everyone, but they are not expected to be babysitters.
12. 10/13 rule: All children under 10 must be accompanied at all times by someone at least 13 years old.
13. Non-toilet trained children are not allowed in the main pool at any time without specially designed swim diapers which are available for purchase at the gate. (The pool will close for ALL if an accident occurs!).
14. During pool breaks
 - a. All members and guests, except those 18 years or older, must immediately exit the pool when breaks are called & remain behind the red line for the duration of the break.
 - b. Children six (6) and under (not in diapers) may accompany their parents in the pool, but must be "in the arms" of their parents at all times. Children over six are not allowed to enter the pool during pool breaks.
15. Baby Pool Rules:
 - a. Non-toilet trained children must wear a swim diaper.
 - b. As the baby pool is not staffed by a lifeguard, all children using the pool must be accompanied and supervised at all times by a responsible person over the age of sixteen.
 - c. No children over the age of four (4) are allowed in the baby pool.
16. Diapers must be carried off the facilities and may not be discarded in trashcans around the pool or in the restrooms.
17. No loitering in the restrooms.
18. A lap lane will be provided upon request of an adult and should be used solely for lap swimming. At the lifeguard's discretion, there may occasionally be times when the pool is too crowded for lap swimming to be practical.
19. The pool may close at the discretion of the Club Manager for inclement weather or necessary maintenance.