

William H. Sonner Aquatic Facility (Sonner) Rules

Athletes and parents are expected to be familiar with the facility rules. Please note rules may be amended in the interest of safety, as well as compliance with Wake County Pool Code, relevant City of Raleigh codes and North Carolina law at any time. These rules are not meant to be all-inclusive.

- Swim team athletes may not use the facility without line of sight supervision by a swim team coach.
- Program participants may not use the facility without the direct supervision of the program instructor.
- Only lifeguards provided by RSA's management company are allowed in the lifeguard chairs.
- Only handicapped or injured persons are allowed in the lifts.
- Parents/guardians must supervise non-participant children at all times.
- Parents/guardians may drop their swim team athletes off for practice no more than fifteen (15) minutes prior to the start of practice.
- Parents/guardians must pick their swim team athletes up from practice no more than five (5) minutes after the end of practice.
- Swim team athletes are not allowed in the Coaches' Offices unless supervised by a Coach or by a parent when meeting with the swim team apparel distributor.
- Non swimming equipment (soccer balls, tennis balls or lacrosse balls or any other sports equipment) is not allowed on the property unless provided to the athlete/participant by the coach/instructor.
- Mesh bags should be left on the pool deck along the tent sides when not in use. Mesh bags are not allowed in the lobby or in any areas of ingress/egress, including the entry hallway to the locker rooms.
- **Pets are prohibited throughout the facility, including the grounds.**
- **Glass containers are prohibited throughout the facility, including the grounds.**
- Swim diapers and a plastic diaper cover are required for lesson participants who are not toilet trained. A plastic diaper cover is required for participants under four years old, regardless of whether they are toilet trained.
- Diving is prohibited in all areas without the direct supervision of a coach.
- **Rough play (horseplay) is prohibited, including 'running starts'.**
- Floating aids and toys are not permitted in the pools unless provided by the program instructor or Coach.
- Face masks and goggles with non-breakable lenses are allowed.
- **Hanging on the lane ropes is prohibited.**
- Running is prohibited at the facility, including the grounds. The only exception is the gym during coach-directed dryland exercise.
- Passing cars in the driveway is prohibited.
- **Smoking, including vaping and other forms of e-cigarettes, is prohibited on the property.**
- **Slime, silly putty or other similar products are prohibited on the property.**
- Food is prohibited on the pool decks, with the exception of designated areas during swim meets.
- **Chewing gum is prohibited in the facility, including the pool decks.**
- **Mobile phones are prohibited in the locker rooms. Swim team athletes should give their phones to coaches for safekeeping during practice.**
- Beverages in plastic containers (with lids) are allowed on the pool decks.
- Chairs are prohibited on all pool decks other than during a swim meet or other event where chairs are specifically permitted in the event information.
- Abusive/profane language or excessive public displays of affection are prohibited.
- **Deck changes are prohibited. This means changing from a bathing suit into street clothes on the pool deck or anywhere else on the property other than a bathroom or locker room. This applies to ALL ages.**
- Distracting the attention of a lifeguard is prohibited.

- Admission to the pool may be denied for any of the following reasons:
 - a) When an individual is apparently unable to care for himself or is intoxicated.
 - b) Evidence of contagious disease, open sores, or wounds.
 - c) Any condition which will jeopardize the health and safety of the general public.

Diving:

- Only one athlete is allowed on the diving stand at any time.
- Athletes may not use the diving stand without the direct supervision of a USA Diving coach.
- Athletes must swim to the side immediately after diving and exit the pool.
- Athletes must wait until the preceding diver swims clear before diving.
- **Standing under or hanging on the diving boards is prohibited.**