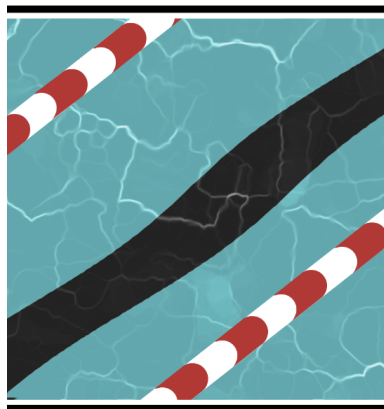


LAKE RIDGE



SWIM CLUB

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2021 Facility Rules & Regulations

Lake Ridge Swim Club Board of Directors
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As of 15 July 2021

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The Lake Ridge Swim Club (hereafter referred to as “LRSC” or “the Club”) Board of Directors has established these rules for the benefit and protection of all Members and their guests. They were established to insure proper operation of the facility and to provide wholesome recreation for LRSC members, their families, and guests.

I. General Rules & Admission

1. No person shall use the Lake Ridge Swim Club facilities unless the facility is officially open, with lifeguards/club staff on-duty. Unauthorized use of the facility constitutes a trespass and all violators will be subject to prosecution.
2. All Members must be up to date on their dues for the season in order to use the facilities. Members who have an outstanding balance will be asked to complete payment before being allowed entry.
3. **Guest(s): A guest is any non-member accompanied by a member in good standing.**
 - a. **Members are limited to five (5) guests per visit** unless advance written authorization has been obtained from the General Manager as part of a facility rental or private party.
 - b. Any member age 16 or older is allowed to bring guests.
 - c. Guests under 16 are required to pass the swim test if swimming in the deep end.
 - d. Guest passes may be purchased by members prior to their arrival through the website (www.swimlakeridge.com).
 - See the LRSC website for current guest fees.
 - e. Members must remain at the facility while hosting a guest and are responsible for their guest’s actions.
 - f. Guests must abide by the posted Facility Rules & Regulations.
 - g. Violation of Guest rules, or Facility Rules by a guest, may result in the suspension of member privileges for up to 7 days.

4. Children

- a. Children of members, under the age of fourteen (14) MUST be accompanied by any Club member, age eighteen (18) or older to use the facility.
- b. Members, age fourteen (14) and older, are permitted to use the facility unaccompanied by an adult.
- c. The member accompanying children (under the age of fourteen) are responsible for the safekeeping, actions, and whereabouts of the children for the entire duration of each visit.
- d. Unaccompanied member minors are expected to conduct themselves in accordance with the current Facility Rules & Regulations.

5. Swim Test Requirements for Deep End/Diving Board

1. In order to use the diving area/diving boards, members under age sixteen (16) must successfully complete the “swim test” each season. Successful completion of the test will be designated by swimmer wearing a green bracelet and noted in member accounts.
 - The swimming test will be proctored by a lifeguard during “break time.”
 - The test consists of the following:
 - 1 Jumping feet first into water over-head, completely submerging, and resurfacing without pushing off of the bottom.
 - 2 Swimming twenty-five (25) meters, unassisted, without stopping to rest.
 - 3 Treading water, without touching the wall, for sixty (60) seconds.
 - If anyone cannot complete the test, they will be given one more chance to pass *that day*. If they are still unsuccessful, they may try again during another visit.

6. Facility Dates & Hours

- a. The facility will be open in accordance with the posted dates & hours. See www.swimlakeridge.com for hours and closures.
- b. Facility dates & hours will be published and communicated to all members through the LRSC website and social media.
- c. The facility may be closed for maintenance or operational needs at the discretion of the GM, CM and/or Board of Directors.
- d. The facility may be closed for sponsored club or special events activities pre-determined by the GM or Board of Directors prior to the season.
- e. The facility may be closed for sanitary reasons at the discretion of the GM, CM or Senior/Supervisory Lifeguard.
 - In the event of biological contamination, an area of the facility may be closed at the discretion of the GM, CM or Senior/Supervisory Lifeguard. The area will remain closed until the incident has been mitigated and fully decontaminated.

7. Closures

The facility may be closed due to inclement weather.

- a. The decision to close the facility for inclement weather is at the discretion of the GM, CM or Senior/Supervisory Lifeguard.
- b. In the event of an electrical storm, the facility will remain closed for thirty (30) minutes following the last visual confirmation of lightning and thirty (30) minutes following the last audible thunderclap.
- c. In the event of hail or heavy rain, the facility will remain closed until the rain/hail has subsided to the point where lifeguards are able to clearly see the main drain covers in the dive well or for no more than thirty (30) minutes following the cessation of all precipitation, depending on prevailing conditions.
- d. Patrons will NOT be permitted to remain within the facility or on the grounds during an electrical storm/visible lightning/thunder.
- e. Patrons MAY be allowed to remain within the facility during heavy rains or hail at the discretion of the GM, CM or Senior/Supervisory Lifeguard.
- f. **All reasonable measures will be taken to reopen the facility as quickly as possible.**

8. Facility

- a. The facility is designated as a non-smoking entity. Persons wishing to smoke must do so outside the limits of the facility fence.
- b. Deliberate property damage caused by a member, his/her family or guest will be charged to the responsible family membership.
- c. All trash must be placed in the available trash containers. All recyclable containers/products should be placed in the recyclable containers located in close proximity to the trash containers.
- d. Alcoholic beverages are **not permitted** on Club property, unless designated by special events rules and approved by the Board.
- e. Non-Alcoholic beverages are permitted on the pool deck in non-breakable containers during regular hours of operation.
- f. Food is not allowed at any location around the pool, within 4 feet of the edge. Each member and/or guest is responsible for cleanup of areas where food is consumed. If the members and/or guests are not handling cleanup of areas/tables properly, the lifeguard staff may restrict the consumption of food to the dining area for the remainder of the day.
- g. Club employees and current Board members are the only persons allowed in the lifeguard office, pump room, and snack shop.

9. Conduct and Behaviors

- a. No person within the pool area shall behave in such a manner as to jeopardize the safety and health of himself/herself and others. The following behaviors are **not permitted** in the pool, or on the pool deck.
 - Running.
 - Horseplay, dunking, pushing, excessive splashing, and other boisterous play.
 - Holding, pulling, hanging onto, or otherwise handling of the lane ropes.
 - Prolonged underwater swimming for time and/or distance. (Competitive or repetitive breath holding can be deadly and is expressly prohibited.)
 - Diving in water less than five (5) feet deep or as indicated by painted lines or tiled depth markings at the edge of the pool.
- b. **Horseplay** - Unsafe play, disruptive behavior and / or activity that endangers the safety of others or interferes with the use and enjoyment of the pool by others is not permitted, and may result in removal from pool facilities. Members are responsible for the behavior of their children and guests. Failure to comply with rules and / or lifeguard, pool management or Association staff instruction may result in removal from the pool, suspension or loss of privileges.
- c. **LRSC Staff** - Socializing with, or distracting pool staff, including lifeguards, is not permitted.
- d. **Language** - Profanity, abusive language or behavior is not permitted and may result in removal from pool facilities.
- e. **Loitering** - Loitering is not permitted in or around the pool facilities.
- f. **Illegal Items** - Firearms, illegal drugs and alcohol are not permitted at the pools. Violators may be subject to prosecution.

10. Equipment (Facility & Personal)

- a. Skateboard riding and rollerblading are not permitted on Club property, including parking lots. Skateboards and roller-skates may be brought inside the front gate, but must be left in the proper rack. The Club is not responsible for skateboards or skates left unattended.
- b. Chairs, tables, and umbrellas may not be removed from the pool deck area.
- c. Unclaimed articles will be collected at closing each day and placed in the Lost & Found bin. Items not claimed within 7 days may be disposed of at the discretion of the Club.
- d. No audio device may be played in a manner that is offensive to any other member. All personal music players must be kept at a reasonable volume.
- e. The Club is not liable for any theft, damage, or loss of personal property.

II. Rule Enforcement

Enforcement of facility rules is the responsibility of the Lifeguard staff.

1. The following disciplinary procedures apply to members.
 - a) 1st incident: Verbal warning and instruction regarding the rules.
 - b) 2nd incident: Time out in a chair with parent
 - c) 3rd incident: Member must leave the premises until the GM, CM or member of the Board of Directors has been contacted.
 - d) 4th Incident: Pool privileges may be banned
2. The following disciplinary procedures apply to guests and hosting members.
 - a) 1st incident: Verbal warning and instruction regarding the rules.
 - b) 2nd incident: Guest and member will be asked to leave the premises and guest fees will not be refunded. Any guests removed from the facility will not be readmitted for the remainder of the season.

III. Pool & Deck Area

1. Supervision/Responsibility

Persons/children (non-swimmers) using the pool who are unable to demonstrate to the lifeguards the ability to swim must be accompanied at all times by a responsible individual who does demonstrate such ability.

- a. Qualified responsible persons must supervise the non-swimmer within an arm's length away in the water.
- b. LRSC Staff (GM, CM and lifeguards) are all authorized to make the determination as to whether or not a person is considered to be a responsible person.
- c. A supervising person may not supervise more than two (2) non-swimmers at any time.
- d. In order to demonstrate swimming ability, a responsible person may be asked to complete the swimming test.
 - i. The swimming test is administered by lifeguards and will consist of the following:
 1. Jumping feet first into water over-head, completely submerging, and resurfacing without pushing off of the bottom.
 2. Swimming twenty-five (25) meters, unassisted, without stopping to rest.
 3. Treading water, without touching the wall, for sixty (60) seconds.

2. Swim attire

Proper swim attire appropriate for a family environment is required in order to use the pool.

- a. Clothing that is not permitted includes, but is not limited to, denim shorts, cutoffs, jeans, long or loose shirts, Brazilian or thong swimwear, and undergarments.

3. Health/Safety Restrictions

- a. Everyone entering the pool is required to shower prior to entering the water.
- b. Any person having a skin disease, wearing a bandage, having nasal or ear discharge, inflamed eyes, severe skin abrasions, infections, excessive sunburn, or any communicable diseases shall be restricted from the pool.
- c. Any person with a physical disability must have adult supervision while in the pool and with prior approval by the board of directors, a person may be allowed to use swim aids while in all parts of the pool.
- d. Children who are not toilet trained must wear specially designed swimming diapers and rubber pants.
 - i. Swim diapers and rubber pants will be available for purchase at the front desk.
- e. A fifteen-minute break is scheduled every hour, beginning 45 minutes after the pool has opened. (Example: the pool opens at 1:00 P.M., the first break will be called at 1:45 P.M.) No one under the age of 16 is permitted in the pool during this period.

4. Diving Area/Diving Boards

Patrons must follow rules specific to the diving area and diving boards.

- a. The diving area will be opened only when expressly stated by the lifeguards present.
- b. Only one person at a time is allowed on each diving board.
- c. Diving must be to the front of the diving board and only when the front area is clear of swimmers. The only exceptions are, under the supervision of a Swim Team Coach, Lifeguard, or other Water Safety Instructor in the course of a swimming lesson.
- d. Patrons using the diving board must be able to surface and swim to the side or ladder within 15 seconds. Lifeguards who determine a swimmer is not safely reaching the side of the pool in 15 seconds may restrict that patron from use of the diving boards until such time that the patron is tested again and can pass the 15 second rule. If two attending lifeguards concur that a safety issue exists for any reason, they can supersede the 15-second rule and may restrict the patron from use of the boards that day.
- e. All patrons under 16 years old must have first passed the swim test in order to use the diving board.
- f. Patrons may only bounce once before leaving the end of the diving board.
- g. Lifeguards may close the diving boards at any time for free-swimming in the deep end of the pool.

5. Wading Area (Baby pool)

Patrons must follow rules specific to the Wading area.

- a. Children ages five (5) and under are permitted in the wading pool.
- b. All children using the wading pool must be supervised by a responsible person, age sixteen (16) or older, inside the wading area fence at all times.
- c. The gate to the wading area must remain closed at all times.

6. Equipment (Facility & Personal)

- a. Lifelines and other pool safety devices are for lifesaving purposes only and may only be used by the Lifeguard staff.
- b. Flotation devices.
 - i. Kick boards may be used in the lap lane for purposes of lap swimming only.
 - ii. Other wearable flotation devices such as water wings, "floaties", etc. are not recommended, but may be used in the wading pool (otherwise known as the baby pool) or the roped off shallow area in the main pool, and then ONLY under direct and constant adult supervision.
 - iii. Children or impaired persons may use U.S. Coast Guard approved life jackets in all areas of the pool with the exception of the deep end and must have direct parental supervision at all times.
 - iv. No one in a flotation device is allowed in the deep end or permitted to dive off the diving board.
 - v. Swim toys, balls, and similar items may be used at the discretion of the lifeguard staff.
 - vi. Inner tubes, inflatable boats & rafts, or inflatable bathing suits are not permitted unless authorized by the GM, CM, or Senior/Supervisory lifeguard on duty or for a special event approved in advance of the event by the BoDs.

IV. Volleyball Area

1. The Volleyball Area will be used for volleyball play only.
 - a. No sand digging is permitted on the volleyball court.
 - b. Exceptions for special events must be approved by the BoD.
2. Volleyballs are available for member use in the Lifeguard Office. (*ask the attending lifeguard*)
 - a. All volleyballs must be returned when play is over.
 - b. Volleyballs may not be used for play in the pool area.

V. Parking

1. Parking is available in the facility parking lot for members and guests in attendance at the facility.
 - a. The maximum speed limit in the parking lot is 5 mph.
 - b. Handicap parking is located closest to Harbor Dr. Rules associated with Handicap parking spots will be enforced, including notification of violators to Prince William County Police Department.
2. Bicycle riders must use the bicycle rack, located inside the front gate.
3. Parking is prohibited along Harbor Drive.
 - a. Members shall not drop off other members, guests, or items at the main gate on Harbor Drive.
4. The LRSC is not liable for any theft, damage, or loss of property, including vehicles, vehicle contents, or bicycles left unattended.

VI. Pavilions & Dining Areas

1. The club has two permanent structure pavilions for first-come, first-use by membership and non-members before, during, and after operating hours.
2. Both pavilions may be individually reserved and rented for use by an adult club member in good standing or non-member (see section VII below).
3. The large pavilion, adjacent area under the temporary canopy, and picnic table areas adjacent to the playground are the preferred club dining areas. Four/six/eight person picnic tables are located in these areas for use by patrons and their guests. Patrons using these areas are responsible for cleaning up the dining areas upon completion of the food consumption or departure from the areas.

VII. Private Parties & Facility Rentals

1. The pool and/or pavilions may be rented by members in good standing, and non-members, ages eighteen (18) and older, for private parties, approved by the CM, GM, or Board of Directors.
 - a. To request a facility rental or private party, the member/non-member must complete an "Agreement of Private Use of Facility" form. Then submit the completed form with all applicable fees to the GM who will consider each request on a case-by-case, first-come first-served basis.
 - b. Current rental fees and applicable Lifeguard rates can be found on the LRSC website.

2. Facility Rentals

Members/non-members will be responsible for the following when renting the facility or amenities.

- a. Conforming with all rules of the Club and all applicable Prince William County noise/curfew regulations, the admittance of guests, and any damage to the Club property.
- b. The member or guest(s) may not charge admission, collect funds for personal profit, or conduct charitable fundraising during a private party at the Club facility.
- c. The facility must be cleared no later than 11:59 pm.
- d. When renting the pool, members/non-member are responsible for all Lifeguard and Pool Operator fees.
- e. Lifeguard and Pool Operator rates for rentals can be found on the LRSC website.
 - i. Two lifeguards are required for parties of fifty (50) people or less. Parties over fifty (50) people will require an additional guard for every additional twenty-five (25) guests. One lifeguard must be a certified Pool Operator.
- f. Additional funds due to damages must be paid to the GM, CM or Treasurer, due immediately the day following the party.
- g. The Snack Shop is not available for rental as part of a facility rental agreement or private party.

3. Private Parties

Members/Non-members will be responsible for the following when hosting a private party.

- a. A private party can be defined as a facility or amenity rental, or a member/non-member hosting more than five (5) guests.
- b. All persons attending the party must be either Lake Ridge Swim Club (LRSC) members in good standing, invited guests of a LRSC member in good standing who have been duly signed-in and paid for according to all LRSC guest policies, or non-members who have signed the "Agreement of Private Use of Facility".
- c. Display or decoration materials are not to be fastened by any method that leaves marks or residue on any/all surfaces of the pavilions. Signs placed inside or outside the facility must be removed and discarded immediately following the event.
- d. Host members/non-members are responsible for making guests aware of the current Facility Rules & Regulations and enforcing those rules.
- e. Guests must abide by the posted Pool Rules.
- f. Party rentals are limited to three (3) hours, including set-up and clean-up time, unless approved, in advance, by the General Manager.
- g. A minimum of one (1) adult chaperone is required for every ten (10) children attending a party.
- h. All applicable fees can be found online at www.swimlakeridge.com

VIII. Management

The General Manager (GM), a Board position and Club employee, is responsible for daily physical and administrative operations of the pool and Club property (maintenance, safety, cleanliness, etc.). The General Manager is also responsible for assembling and supervising Club staff, including lifeguards, pool operators, snack shop, and facilities workers. The Club Manager (CM), a Club employee, is supervised by the GM and is responsible for executing the daily operations of the entire Club facility in accordance with the Club bylaws and rules and regulations. The CM will be onsite for as many of the Club operating hours as possible. When not on-duty, the Senior/Supervisory lifeguard will retain and exercise administrative powers of the CM.

IX. Rule Revision

1. The pool rules will be reviewed, revised and approved by a majority of the Board of Directors annually, not less than four weeks prior to the pool opening.
2. Except for matters of safety and health, the pool rules shall not normally be revised during the swim season. Members, ages eighteen (18) and older, may submit suggestions, proposed changes, or additions to the pool rules in writing via the on-site Suggestion Box, mailed to P.O. Box 98 Occoquan, VA 22125, e-mailed to the GM (lakeridgegm@gmail.com) or to the Board of Directors (board@lakeridgeswimclub.com).