

# DEEP END RULES

LAKE RIDGE SWIM CLUB | 12640 HARBOR DRIVE

- You must pass a swim test to use the deep end.
- Only front facing jumps allowed.
- No backflips or gainers allowed.
- Flipping and twisting is strictly prohibited.
- No swimmer wearing a flotation device is allowed in the deep end.
- Jump clear of the wall, ladders and other swimmers.

# DIVING BOARD RULES

- Only one person is allowed on the diving board at a time.
- You must dive straight out from the end of the diving board.
- No backflips or gainers allowed.
- You may only dive when the water is clear of other swimmers.
- You may only bounce ONCE before leaving the board.
- You must be able to surface and swim to the side or the ladder within 15 seconds of leaving the board.

I HAVE READ THESE RULES AND  
AGREE TO ABIDE BY THEM:

DATE:

PARENT NAME:

PARENT SIGNATURE:

CHILD NAME:

CHILD SIGNATURE:

## ENFORCEMENT

GUARDS ARE AUTHORIZED TO CLOSE  
DEEP END AND/OR DIVING BOARD AT  
ANY TIME IF RULES ARE NOT BEING  
FOLLOWED. ADDITIONAL  
ENFORCEMENT IS OUTLINED IN THE  
COMPLETE POOL RULES AT  
[WWW.SWIMLAKE RIDGE.COM](http://WWW.SWIMLAKE RIDGE.COM)