

# POOL GUIDELINES AND RULES

## Aqua Bears Guidelines

- There is no need to “check in” at the desk. Aqua bears can walk right into the pool area for practice.
  - Parents with swimmers 9 years old or younger should arrange for pool deck supervision from an adult during practice. This is to ensure that these younger swimmers are properly supervised during transition times before and after practice, and that there is an adult available if the swimmer encounters any special issues during practice.
  - Please remember to take your bags/gear with you on deck or lock them in a locker during practice. There have been thefts in the locker rooms, and the locker room benches need to be kept clear for those who are changing.
  - Do not leave plastic water bottles around the pool. Please secure them or put them in the recycling can right away. Many plastic bottles have blown into the pool and have clogged the drains.
  - Feel free to eat food on the pool deck. There are bleachers and a covered picnic table area. Remember no glass items should be brought into the pool deck area. Please clean up afterwards.
  - If you move pool deck furniture while you are at practice, please move it back to its original position before you leave.
  - To watch swim practice, please watch from the bleachers or a distance away from the pool edge. Lifeguards must have complete visibility and access to the pool from all sides.
  - Please have swimmers refrain from playing around the rolled up pool covers.
  - Aqua Bears should not attempt to use the diving boards.
  - There are several dedicated lifeguards during all of our practices.
  - The pool is big and the Aqua Bears have been assigned to certain lanes. Swimmers should wait for instructions from the coaches before getting in the water, and they should exit the water promptly after swim practice.
  - The pool is for swim practice only. Swimmers should not “play” in the lanes before or after practice, or use other pools.
  - The lifeguards will blow their whistles if kids are not behaving in a safe way on the pool deck.
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## City of San Ramon Pool Rules

SAN RAMON OLYMPIC POOL & AQUATIC PARK - 9900 Broadmoor Drive

DOUGHERTY VALLEY AQUATIC CENTER—10550 Albion Road

The following rules are for the safety of all patrons and the aquatics staff. The aquatics staff has the authority to enforce the rules, including asking individuals to leave the pool area, in order to maintain a safe environment. Please read the rules and if you have any questions, direct them to the Senior Staff. Thank you for your cooperation.

### General Rules

- No swimming allowed when there is no lifeguard on duty.
- Children ages seven (7) and under must be directly supervised by an adult at all times while at the pool facility.
- The City of San Ramon is not responsible for any lost or stolen personal items.

- All persons entering the pool must take a shower.
- Please do not visit with or distract the lifeguards. If you have questions, inquire inside at the front counter or the First Aid Office.
- Proper swim attire must be worn at all times. No T-shirts or jean shorts are allowed unless approved by the senior staff. Those permitted to wear T-shirts are only allowed in the shallow end of the pools.
- Glass bottles and other glass containers are not allowed on the pool deck. Food and drink may be consumed in the bleacher, picnic and grass areas only.
- Alcohol and persons suspected of being intoxicated are not allowed in the facility.
- Barbecues and chafing dishes are not allowed in the pool area.
- Smoking is prohibited at City parks and facilities. Smoking is not allowed inside or within 20 yards of the facility, and smoking is prohibited on the school campuses. It is our responsibility to enforce this City Ordinance Sec on B5-19 and B6-73 with our guests/patrons. Additionally, please be aware that Electronic Cigarettes are prohibited, however not specifically spelled out in the ordinance.

B5-19. - Smoking. No person shall smoke any substance in any area designated as a nature trail or nature area or in or on any park facility where smoking is prohibited.

B6-73. Prohibitions. Smoking indoors or outdoors, in enclosed or unenclosed spaces and on all property- public or private- within the City of San Ramon is prohibited except as provided in B6-74 below. Additionally, smoking is prohibited at outdoor community events open to the public such as Farmers Markets, even if they event is held on property or at a location where smoking would otherwise be allowed under this ordinance.

- Walk at all times to avoid accidents.
- Do not block ladders entering or exiting the pool.
- The use of profanity is not allowed.
- No animals are allowed in the facility except working animals.
- Chewing gum is not allowed in the pool area.
- Bicycles, skateboards, in-line skates and other vehicles are not allowed to be operated in the pool area.
- No breath holding, hyperventilation or extended underwater swimming is allowed.
- Locker rooms will close 20 minutes after programs end.

Other items of concern are:

- Inappropriate public display of affection will not be allowed.
- Persons currently having active diarrhea or who have had active diarrhea within the previous 14 days shall not be allowed to enter the pool water.
- Follow aquatics staff direction in regards to procedures and policies during emergency situations.
- See the Aquatics staff about swimming with sores or wounds.

Any other action or behavior that is deemed unsafe or inappropriate by the Aquatics staff will not be allowed. Failure to follow posted rules and lifeguard directions could result in serious injury.