

Kingston High School

Pool Rules



- **Supervision**-All swimmers must be supervised by a certified lifeguard. All children need to be supervised by a parent before and after practice. Use of the gymnasium is not included with pool usage. **Teams cannot enter the pool area until their designated practice time. Teams/Athletes cannot enter the locker rooms until preceding Teams/Athletes vacate the locker room.**
- No running
- No diving in the shallow end
- No sliding
- No horseplay
- No breath holding
- No dunking
- No swimming with an open wound
- No spitting in the pool
- No urinating in the pool
- Only coast guard approved personal floatation devices
- Diving Board: 1 person at a time, 1 bounce, make sure area in front of board is clear, only forward movements, and no backwards movements.
- No diapers allowed in the pool.
- No alcoholic beverages or drugs allowed
- No smoking
- Return all equipment to proper bins (ex. flippers and kickboards)
- Check and clear gutter of garbage (ex. water bottles)
- Throw away garbage and recycle plastic bottles and cans
- No eating/food or glass bottles allowed on deck
- Place lost items in the **lost and found**. **Lost and found** is emptied at the end of each month