

## **Country Club of Culpeper 2020 Pool Rules**

- Members and their guests are required to register at the pool entrance at check in.
- No one is allowed in the pool or pool area unless a club approved lifeguard is on duty. The Pool Manager and lifeguards have the authority to enforce pool rules and supervise the general conduct of pool users and have jurisdiction over everyone in the pool and surrounding area. Any person not following these rules or the instructions of the lifeguard on duty is subject to ejection from the pool or pool area.
- Early Hours Swim: Members may use the pool during designated ADULT ONLY early hours swim. A lifeguard is NOT present at this time. The member must sign a waiver agreeing to this. Waivers are available in the office and will be kept on file. Early swim hours are also subject to change in the event that pool maintenance must be performed. No children or pets are permitted in the pool area during this time.
- Glass and sharp objects are not allowed in the pool area.
- Running, pushing or rough play is not allowed in the pool or pool area. Foul or inappropriate language is prohibited.
- Children under the age of 12 must be accompanied by an adult or a babysitter who is at least 16 years old. Non-member babysitters must be registered with the club management by the Member before appearing on club property. For safety reasons, the pool staff cannot supervise small non-swimmers, except during lessons. No one under 6 is allowed in the deep end.
- Lifeguards can request a swim assessment to be given to anyone who wants to swim in the deep end. The following criteria will be assessed. Swimmers ability to jump into deep water, tread water or float for 1 minute, turn 360 degrees, level off and swim the length of the deep end and climb out of the deep end without stopping.
- For safety purposes, children left at the pool unattended may be required to stay in shallow areas of the pool if the lifeguards feel the child's swimming ability is questionable for deeper areas of the pool.
- Pool and pool areas will be cleared because of electrical storm activity. We will close for thunder and lightning. Non-chaperoned children will be instructed where to go by the pool and clubhouse staff.
- No hanging on or playing on the lane lines.
- The changing of diapers is not permitted anywhere except at the diaper changing station in the restroom.
- Anyone participating in a strenuous activity before swimming must shower with soap before entering the pool.
- Appropriate swim attire must be worn at the pool. Cut off shorts are not permitted. Members and guests are required to wear proper cover ups and shoes outside the pool area.
- DIVING AREA: Only one person is permitted on the diving board at one time. No one other than the diver is permitted in the diving area at any time. Diving is allowed ONLY in the 10 ft. diving area or during club-sanctioned swim meets or practices. Anyone using the diving board should jump straight off the board and avoid running or multiple bounces. To use the diving board, the swimmer must be able to swim across the diving well unaided. Anyone may be asked to complete a swim assessment if the lifeguard deems necessary.
- Use of both pools is prohibited to those who have colds, infections, or any contagious illness. Persons with open wounds will not be allowed in the pool.
- Chewing food or gum in the pool is not allowed – it is considered a choking hazard.
- Breath holding activities are not permitted for safety reasons
- The wading pool is reserved for small children who cannot swim. Children age 6 and over are not permitted to play in the wading pool. All children in the wading area must be accompanied by an adult.
- Adult swim periods are for swimmers 18 years and older and times will be posted with the pool rules.
- All trash must be placed in the containers provided. Food is not allowed in the locker rooms.
- Smoking is prohibited in the pool area but is allowed on the esplanade adjacent to side of the clubhouse.
- Grandchildren are allowed with no guest fees. Grandchildren age 12 and over are allowed at the pool without an adult. However, the grandchild must be listed on the grandparent's pool form and the grandparent must sign the grandchild in.
- Member children and grandchildren, age 12 and under, may each bring guests, also age 12 and under, for an unlimited number of visits per season. Guest parents and guests age 13 and older are limited to seven visits per season. Guest fees are \$4 per visit on weekdays and \$6 per visit on weekends and holidays.
- Loud playing of radios and other audio equipment is prohibited.
- Only "Nerf" sponge balls, noodles, flotation aids (with an arm's length parental supervision) and diving rings/sticks are permitted in the big pool. Kick boards will be allowed with lifeguard's permission.
- Inflatables not permitted. Lifeguards must always be able to see the bottom of the pool .

- Life vests and/or floatation devices are not permitted in the deep end or on anyone using the diving pool.
- Pool items brought from home may be removed at the direction of the lifeguards if deemed unsafe, un-serviceable or if it interferes with the safety or comfort of other patrons.
- Outside food is not permitted, with the exception of baby formula or food, as well as any dietary required items. The Snack Shack is provided for your convenience. Members and guests are not allowed in the Snack Shack.