**RIVERWOOD INDOOR POOL REGULATIONS**

**HOURS OF OPERATIONS:** Indoor pool hours follow the Athletic club hours. Please see the indoor pool schedule for lane availability due to programs.

**GENERAL RULES:**

1. Swim at your own risk. NO LIFEGUARD ON DUTY.
2. Members must stay in the water with their child or children at ALL TIMES if the child cannot swim. **Children under the age of 16 MUST have adult supervision in the pool area at all times.** An adult is someone 16 years of age or older.
3. Flotation devices are allowed with Parental guidance only. (Parents need to be within ARMS REACH AWAY.) No rafts will be permitted**.**
4. All members and guests are required to shower before entering the pool.
5. Persons with severe cuts, open sores, rashes, or any communicable disease shall not be allowed in the pool areas.
6. All pool users must wear appropriate swimming attire. No cut-offs will be allowed in pool.
7. No food in the pool area. Water bottles, paper and plastic containers only. No glass allowed.
8. Diving is prohibited in areas under 5 feet. Starting blocks are for swimming lessons & swim teams only.
9. No running in the pool area.
10. Swim diapers are required under swimsuits for anyone that is not potty trained. Regular diapers are not permitted.
11. Persons with severe cuts or open wounds will be denied access to pool.
12. Be aware of pool depths at all times. Stay in appropriate water depth according to your ability. If you are responsible for another person, be aware of their ability and/or limitations.
13. All injuries occurring on the premises must be reported immediately to the Front Desk.
14. Kickboards are for lap swimming and lessons only. Please return after use.
15. Please stay off the ropes. No sitting or hanging on them.