

# Soldiers Field House Pool Rules Bldg. 3236

*Lifeguards are responsible for your safety and must deal with circumstances not specifically posted. Please help by following their directions. Feel free to contact the pool manager if you have any questions.*

## **GENERAL RULES**

1. Please walk at all times
2. Lap lanes are for ages 10 & up and any child that possess a USA Swim card and passes the swim test.
3. No diving into the shallow end.
4. Swimming under the bulkhead is not permitted.
5. Underwater swimming & breath holding are prohibited.
6. Attire is swim suit or clean PT uniform except for approved military training.
7. Weights are not allowed in the deep end.
8. Place gum in trash before swimming.
9. Misuse of equipment will result in the loss of privileges.
10. Tobacco products are prohibited at all indoor aquatics. Electronic cigarette are considered a tobacco product.

## **FAMILY SWIM**

11. Non-swimmers\* less than 4'2" must have a guardian in the water within arm's reach.
12. Only 2 non-swimmers\* under 4'2" per guardian.
13. Children 15 years and under must pass the swim test to use the deep end.
14. Guardians must be 18 years or older.
15. Ages 12 and under must have guardian in pool area at all times.
16. Playing on ladders or railings is not allowed.
17. Standing or sitting on shoulders is not permitted.
18. No toys in the deep end.
19. Babies must be at least 6 months old to enter the pool.
20. Swim diapers are preferred for children who are not toilet trained.
21. This is a family facility; profanity or inappropriate touching is not allowed.

## **SFH POOL DEEP END RULES**

22. Back dives and flips are not permitted off the pool deck.
23. Wait at bottom of stairway until previous diver touches the wall.
24. Only 1 person at a time.
25. One bounce on the diving board.
26. Hanging on the diving board is not permitted.
27. Swim to the nearest ladder immediately.
28. During recreation swim, deep end will alternate 30 min ea. for swimming and for using diving board/tower.
29. Non-swimmers\* are allowed to use the 1 meter diving board with a coast guard approved lifejacket. Non-swimmers\* are NOT allowed to use the tower.

## **FLOATATION DEVICES**

30. Coast Guard Approved lifejackets are permitted in any depth 5'4" or less.
31. All other floatation devices such as, but not limited to include noodles, lounge chairs, tubes, water wings and infant floats are not permitted.
32. Coast Guard Approved lifejackets are permitted on 1 meter diving boards.

## **SWIM TEST FOR AGES 15 & UNDER**

Tread water for 30 seconds & swim 100 feet without stopping. Crawl stroke with good breathing technique is required for 50 feet and a competitive stroke such as breaststroke, backstroke and butterfly may be used for the remaining 50 feet. Testers may not use doggy paddle, underwater swimming and arms must clear the water demonstrating endurance and strength in swimming. *\*Youth unable to pass swim test are considered non-swimmers\**