

## RUEF NATATORIUM

### *RULES & REGULATIONS*

Every patron shall present a valid identification card to the lifeguard on duty and leave the identification card at the lifeguard station until pool use is complete.

All children under the age of 12 must be accompanied and **ACTIVELY** supervised by an adult Recreational Swim Member. Lifeguards should be informed about any "non-swimmers" before they enter the pool.

If a patron is going to engage in an activity other than lap swimming or wading (including running in the diving well or other rehabilitation exercises), a lifeguard must be notified before the activity begins. No breath holding or extended under water swimming permitted.

There is no running or horseplay on deck, in the pool or in the locker rooms. This includes tag, chicken fights, dunking or pushing people into the pool.

Use of the 3-meter diving board is **NOT** included with Recreational Swim Program Membership. The 1-meter diving boards will be available only when posted as open.

Spitting, spouting water, blowing the nose or discharging bodily wastes in the pool is strictly prohibited.

Infants and toddlers who are not potty trained **MUST** wear either a swim diaper or plastic pants with elastic around the waste and legs. Disposable swim diapers can be purchased from the lifeguards.