

# ISSC Rules & Regulations

The purpose of this document is to describe the rules and regulations for the usage of the pool and the grounds to ensure safe operation and enjoyment by all patrons (members and guests).

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## Enforcement

1. Lifeguards have the authority to enforce all pool rules and reserve the right to ask a patron to leave the pool or impose penalties of up to a one-week suspension of admission privileges for misconduct.
2. The lifeguard will report serious infractions of the Pool Rules and Regulations to the Board for appropriate action.
3. Patrons are expected to express immediate concerns about enforcement to the lifeguard. General concerns shall be directed to the ISSC Board President.
4. Patrons are expected to address anyone not adhering to these rules when the lifeguard is not present.

## Admission

1. No one will be allowed in the pool area unless the pool is officially open – see pool schedule
2. Entering the pool area when it is not open is prohibited and may be considered a trespass.
3. All persons entering the pool area must be a member or renter in good standing, or a guest in the accompaniment of a member/guest.

## Facility

1. Food or refreshments may be consumed in picnic area and at the seating on the pool deck.

2. Gum chewing is not permitted anywhere in the pool area for health and safety reasons.
3. Glass containers, alcoholic beverages, and drugs are not permitted on the grounds.
4. Persons under the influence of alcohol or drugs will not be permitted on the grounds.
5. Employees and trained individuals are the only persons allowed in pool room and chemical storage area.
6. Smoking and possession and/or consumption of alcoholic beverages are not allowed on the grounds.
7. Bikes must be in racks. If the racks are full bikes are permitted on the grass area.
8. No skateboards or skates inside the fenced pool area.
9. All swimming pool and pool area lights must be on after dark while the swimming pool is open.
10. The gates to the fenced swimming pool area are to be kept locked and closed at all times and remain free of any obstacles.
11. Members and guests shall swim at their own risk when the lifeguard is not on duty.
12. Pets are allowed on the club grounds by board approval. At all times, pets must be on leashes or under control by their owners. Owners are responsible for all pet clean-up on the club grounds.
13. Only Service animals are permitted in the pool area but not in the pool itself in accordance to Washington State Law as stated in WAC 246-260-151 Restrictions on Animals  
(<http://app.leg.wa.gov/WAC/default.aspx?cite=246-260-151>)  
Owners shall prevent animal access to the WRF pool, except service animals in the deck area accompanying users or spectators requiring them. A service animal is defined in RCW [70.84.021](#) and means an animal that is trained for the purposes of assisting or accommodating a disabled person's sensory, mental, or physical disability.  
[Statutory Authority: Chapters [70.90](#) and [43.20](#) RCW. WSR 04-18-096, § 246-260-151, filed 9/1/04, effective 10/31/04.]
14. All motorized vehicles must remain in the parking area of the facility, and are not allowed in the grass area or pool enclosure.

## Attire

1. All swimmers entering the pool must wear swimsuits. Street clothes are not allowed in the pool. Clothing such as cut-offs, gym shorts and underwear is not permitted as swimwear.
2. T-shirts (including those for modesty or sun protection) are not permitted. Rashguards or swimshirts, which are more tight-fitting, designed for in-water use and which offer protection from the sun, will be permitted.

## Behavior

1. No person within the pool area shall behave in such a manner as to jeopardize the safety and health of himself/herself and others. Such behavior, including abusive or profane language, shall be grounds for expulsion.
2. Running, boisterous or rough play, pushing, acrobatics, dunking, wrestling, splashing, yelling, diving or jumping without care and caution, snapping of towels, improper conduct causing undue disturbances on or about the pool area or any acts which would endanger any patron are prohibited.

3. Spitting, spouting water, blowing nose, urinating or defecating in the pool is prohibited.

## Injuries & Illness

1. Any injury occurring in the pool must be reported to a lifeguard immediately or by calling the Board Member on Duty.
2. Any person having a skin disease, sore or inflamed eyes, cold, nasal or ear discharge, communicable disease or who is wearing any kind of bandage or Band-Aid to cover an open (unhealed) wound will not be permitted in the pool.
3. Any adult or child who is experiencing vomiting or diarrhea (even a mild case) may not use the pool.

## Diaper Usage

Contamination of the pool requires additional chemicals and possibly pool closure. Prevention is far better than contamination, so the pool asks that patrons follow the CDC's Healthy Swimming Habits:

- a. Children (and adults) who have had diarrhea in the last two weeks shouldn't go swimming.
- b. Use the bathroom before getting into the pool. Take frequent bathroom breaks and check diapers often.
- c. Take advantage of the Adult Swim Break to use the bathroom.
- d. Shower before entering the pool and after using the toilet, remembering to clean all areas including the behind.
- e. Change diapers in the bathroom (not on the pool deck or grassy areas)
- f. Avoid swallowing pool water or even getting it in your mouth.

When persons who are incontinent or when non-toilet trained children use of any of the ISSC swimming facility, the following guidelines apply:

1. A clean, close-fitting diaper with a plastic outer covering that has elastic at the waist and leg openings must be worn. Disposable swim diapers are suitable but are not required.
2. Vinyl or rubber pants which fit snugly around the waist and legs must be worn to cover the diaper. This provides extra protection against leakage in the event of a bowel movement.  
**NOTE: Because swim diapers, or diapers of any kind, do not prevent fecal bacteria from entering the pool water parents/caregivers must be diligent about promptly changing any soiled diapers.**
3. Diaper changing stations are located in men's and women's bathroom facilities. Diaper changing should be done at these stations and not on the pool decks or in the lawn. Caregivers should wash their hands with soap and warm water after each diaper change.
4. A bathing suit must be worn over the diaper/rubber pants.
5. A parent or caregiver should closely supervise children and diapers should be changed each time they become soiled. Adults who are incontinent should also carefully monitor themselves and change and shower as needed.
6. No person with a known case of diarrhea is to use any pool. Diarrhea can spread germs into the pool. Some pathogens (e.g. cryptosporidium) continue to be shed for up to two weeks following the end of diarrheal symptoms. During this time, persons who drink or swallow the pool water can become ill. Once diarrhea has ended, please wait two before swimming.
7. If feces escape the diaper and enter the pool water, or in the event fecal contamination from any source occurs, the pool operator is required to clear the pool of swimmers and follow the appropriate fecal contamination procedures.

**Note:** Solid stool and diarrhea incidents require different procedures and closure times.

## Equipment / Toys

1. Swim toys, balls and the like may be used at the discretion of the lifeguard on duty.
2. Inner tubes, inflatable boats and rafts, or inflatable bathing suits are not permitted in the pools.
3. Coast Guard approved and labeled lifejackets designed to provide vertical support may be worn.

## Age / Swim Ability Restrictions

1. During guarded hours children under 8 years old must be accompanied by an adult supervisor (age 18+)
2. During guarded hours children ages 8 – 17 may come to the pool without an adult supervisor if they have passed the swim test for the guard on duty.
3. During non-guarded hours there must be an adult over 18 present with all children under the age of 18.
4. The lifeguards conduct the swim tests. A swimmer can be asked to repeat the test at any time if a guard has concerns about their swimming ability, even if they have previously passed the test by that guard or another guard. The guards have the right to restrict any swimmer from using the diving board, being in the deep end of the pool, or the pool at all if they are not comfortable with the swimmer's abilities.
5. The swim test consists of
  - a. Swimming 25 yards non-stop using the front crawl ("freestyle")
    - i. Body must be horizontal
    - ii. Flutter kick required: not bent knees or "bicycling" kick
    - iii. Face in water; Rhythmic breathing to front or side
    - iv. Over water arm recovery (no dog paddle)
  - b. Jump into deep water, surface unassisted, tread water for one minute in a vertical position with mouth above water line
  - c. Exit from pool unassisted

## Diving & Diving Board

1. Only one (1) bounce on the diving board is allowed
2. Only one person on the diving board, including the ladder, at a time.
3. No hanging off the diving board
4. The diving board may only be used when a responsible adult (age 18 & over) is present.
5. Anyone using a diving board must wait until all swimmers are clear of the pool under and around the diving board
6. Anyone using the pool needs to clear the space under and around the board when there is a diver waiting.
7. Divers must dive/jump straight from the front end of the board. No inwards, reverse dives, back dives or other such dives shall be permitted.
8. Cart wheels, handstands and other such gymnastic activities off the board, side of the pool or platforms are prohibited.

9. No diving in water less than 6 feet deep. The American Red Cross cautions against diving into water less than 9 feet deep.

### **Wading Pool**

1. Children must be accompanied by a responsible adult (age 18 & over) at all times the child is at the pool. The Lifeguard does not monitor the Wading Pool.
2. Use is limited to children under seven (7) years old

### **Adult Swim**

1. Adult swim time is reserved for Patrons 18 & Older
2. Lap swimmers take priority using the pool during adult swim

### **Swimming Lessons & Swim Team**

1. Parents, in order to assist us in offering a quality program for your child, we ask that you do not remain at water's edge during the class unless specifically requested by an instructor (e.g. Parent/Child lessons). Experience has shown that children are easily distracted by their parents due to their short attention spans.
2. During swim lessons, only children taking the lessons and the instructor may be in the pool

### **Weather / Environmental Conditions**

1. During storms, the pool will be closed. The pool area may be cleared at the discretion of the Lifeguard.
2. During electrical storms (thunderstorms) patrons must vacate the pool area.
3. The pools will not reopen until 30 minutes after the last clap of thunder.
4. During periods of cool weather, the pool closes when the water temperature is below 65°F.
5. Lifeguards may not be present when the air quality index is in the range of 200+.