

POOL RULES and GUIDELINES

- **USE OF POOL IS PROHIBITED WHEN A LIFEGUARD IS NOT ON DUTY**
- **NO EXTENDED BREATH HOLDING FOR ANY REASON**
- **LAP LANES ARE FOR LAP SWIMMING ONLY**
- **THE USE OF SWIMMING AIDS, WATER TOYS OR FLOTATION DEVICES IS PROHIBITED**
- **FOOD IS ONLY PERMITTED IN DESIGNATED AREAS AND NO GLASS OF ANY KIND IS ALLOWED**
- **NO HANGING ON LANE ROPES**
- **NO ALCOHOL**
- **NO RUNNING, DIVING, FLIPPING OR ROUGH PLAY**
- **PROFANITY IS NOT PERMITTED**
- **NO COTTON CLOTHING; MUST BE ATHLETIC MATERIAL**
- **ADULT SUPERVISION REQUIRED FOR CHILDREN 15 YEARS OLD AND YOUNGER**
- **NO STANDING ON DIVE BLOCKS UNLESS ACCOMPANIED BY A CERTIFIED SWIM INSTRUCTOR OR SWIM TEAM COACH**
- **OUR INCLEMENT WEATHER POLICY REQUIRES THAT ALL INDIVIDUALS EXIT ALL POOLS FOR 30 MINUTES PAST THE LAST SIGHT OF LIGHTNING OR SOUND OF THUNDER**
- **ALL CHILDREN UNDER THE AGE OF 12 ARE SUBJECT TO THE TROY PARKS AND RECREATION SWIM TEST POLICIES**

