

APJCC AQUATICS RULES

- Please shower before entering the pool.
- No running on the pool deck.
- No glass or alcohol on the pool deck.
- Children under age 4 MUST follow the "double up" policy.
A disposable swim diaper and a reusable swim diaper are required.
No exceptions.
- No deck changing or diaper changing on deck.
- Long hair should be tied back or in a swim cap.
- Remove band-aids before entering the pool.
- Do not swim (or let your child swim) if you have had diarrhea within the last 72 hours.
- Enjoy safe play, no horseplay or otherwise unsafe behavior.
- Only Coast Guard approved floatation devices are allowed in the pool.
- All APJCC swimming equipment (kickboards, buoys, barbells, toys) are used for lap swimming and programs only. They may not be used during recreational swim.
- Swimmers are not allowed to throw objects in the pool.
- Do not hang on the lane lines, and do not cross the lane lines.
- Proper swimming attire required to enter the water.
- This is a family environment. Please be cautious of the content of your conversations and actions.
- Lifeguards and management have the authority to enforce any unwritten rule as deemed necessary.
- If patrons do not follow rules, they may be asked to exit the pool, or the facility.

SWIM TEST/AGE RESTRICTIONS FOR CHILDREN/PARENT SUPERVISION

SWIM TEST: 25 yards of safe/strong swimming across the pool
30 seconds of treading water

Any child under 18 wishing to swim in the deeper areas of the pool must pass the swim test. Anyone who does not pass the swim test must remain in the shallow area.

- Children ages **7 and under** who are **not able to pass the swim** test must have a **parent in the water** at all times. Parent must be within **arm's reach** of child. **3:1 ratio of parent to non-swimmer** is enforced.
- Children ages **8 and up** can remain in the shallow area **without a parent in the water**. **Consistent parent supervision is required**. A **lifeguard may require parent to be in the water at any time**.
- Children **12 and under must have a parent on the pool deck at all times**. (even if they are able to pass the swim test)
- Children **13-17 may swim alone**, provided they have **passed the swim test**.