

# *IVSC Rules and Regulations*

## **General Rules**

1. Hours of operation will be posted at the gate. The pool may be closed during the swimming season due to poor weather at the discretion of the Pool Manager, the Lifeguard, or a member of the Board of Directors. A member of the Board of Directors must be notified of closure.
2. The pool may be closed without notice, if required for maintenance.
3. There shall be a competent Lifeguard on duty during hours as posted at the Gate.
4. The Pool Manager and Lifeguard are authorized by the Board of Directors to evict any person for the balance of the day, or lesser time at his/her discretion, for disorderly conduct on the pool premises. The facts of any eviction must be made known to a member of the Board of Directors, in writing.
- 5. Parents, whether present or not, are legally responsible when their children are on the pool premises. Parents are required to familiarize their children and themselves with these rules.**
6. All persons entering pool enclosure must enter with a card key. A list of members and their families will be kept at the gate, which will allow verification of club members' and age of child member.
7. No animals are allowed within the pool and enclosure.
8. If you leave your child with another adult, be sure that adult is not watching more than four children at one time.
9. No skateboards, rollerblades, or bicycles allowed within the pool enclosure, tennis court or sport court. Bicycles are to be parked at the designated bicycle area outside the pool enclosure.

## **Pool Safety**

1. No Running! If you ever see anyone running on the pool deck, **you must tell them to stop.**
2. No disorderly conduct! (NO Dunking, NO Pushing, NO Throwing persons in, etc.)
3. No gum allowed in pool area (grass area OK).
4. Kickboards are used for swimming only. If a swimmer uses one for another purpose—jumping, standing, clobbering or sitting—it shall be removed.
5. Diving board and diving area rules:
  - a. Only one person on the diving board at a time.
  - b. Each diver may take only one bounce on the diving board.
  - c. Always dive straight off the front of the board.
  - d. No fins on the diving board.
  - e. No flotation devices on the diving board.
  - f. Be sure the diver ahead of you is touching a wall before you dive.
  - g. No hanging on the underside of the board.
  - h. No swimming in the diving area. This is for diving only. The exception is if the lifeguard agrees to close the board for deep water games.
  - i. You may dive from the side of the pool if you dive parallel to the board, that is, in the same direction as the board from the poolside.
  - j. Do not hang on the rope separating the diving area.
6. **ONLY** at the lifeguard's discretion **AND** if the pool is not crowded **AND** the activity does not interfere with others:
  1. Balls and throwing toys may be used in the pool
  2. Rafts and larger flotation devices may be used
  3. Flotation aids (water wings and vests) may be used and **ONLY** if a supervising adult is in the water with the child

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IF A LIFEGUARD IS NOT ON DUTY, Use of these devices must be supervised by an accompanying adult. If no adult is available, use is prohibited.

## Wading Pool Rules

1. The wading pool is for children six years and under.
2. No disposable diapers and no bare bottoms. Swim diapers are OK.
3. Children in the wading pool must be under direct supervision of parent. ]
4. The wading pool is closed during swim practice and swim meets.

## Children's Use of the Pool

Age	Paid Lifeguard on Duty	NO Lifeguard on Duty
Under 11 years	Must always be accompanied by an adult member or a designated guardian 18 yrs or over.	Must always be accompanied by an adult member or a designated guardian 18 yrs or over.
Guests or Members 11-18 yrs with NO swim proficiency badge.	Must always be accompanied by an adult member or a designated guardian 18 yrs or over.	Must always be accompanied by an adult member or a designated guardian 18 yrs or over.
11-13 yrs WITH proficiency badge	May swim at any time the pool is open.	Must always be accompanied by an adult member or a designated guardian 18 yrs or over.
14-18 yrs WITH proficiency badge	May swim at any time the pool is open. NO GUESTS!	

## Swimming Proficiency Test

The swimming proficiency test can be given to children ages 9 and older by the lifeguard. Children age 9 and older may use the pool without a parent present (when the lifeguard is on duty) if they pass this exam, and it is noted in the appropriate place on the family file card.

### Part I: Swimming

1. Hold Breath under water for 10 seconds.
2. Front and back float.
3. Bobbing across pool (coming up for air and going under to push off bottom).
4. Swim width of pool using Freestyle. Stop just before reaching the other side, turn over (on back) and swim back using an easy finning movement of hands.
5. Dive or jump into deep water, swim to center and tread water for one minute.

### Part II: Pool Safety

- a. The swimmer should be able to explain the sequence of using the diving board in a safe manner. (only one on the board, wait for all swimmers to touch the wall, one bounce, dive straight off the front of the board, swim to the wall)
- b. The swimmer should be able to name 4 "No's" about using the diving board. (hanging on the board, fins, flotation devices, swimming in the diving areas, etc)
- c. The swimmer should be able to list at least 4 of the general "NO's" (e.g. running, dunking, kickboards for anything but swimming, gum, etc.)

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## **Guests**

1. REPEATED EXTENSION OF GUEST PRIVILEGES TO NEIGHBORS IS DISCOURAGED! The club depends on members to keep it open. If your friends or neighbors enjoy the club, encourage them to join.
2. Guests shall be accompanied by an adult member of the Club.
3. Adult members shall be responsible for their guests and their family's guests.
4. GROUPS & PARTIES: There is no charge to the member to host a party at the club. If you want to bring a group of guests (youth groups and birthday parties), you must apply at least one week in advance, in writing/email to the Pool Manager for scheduling. Due to possible scheduling conflicts, such groups may have to adjust their timing. For each four children in the group, there shall be one supervising adult. When more than 10 children attend the party, the member must arrange and pay for an additional Lifeguard.

## **HOUSE GUESTS**

1. Guests are subject to all rules that apply to members.
2. Designated Guardians – 18 yrs. Or over. (Au Pairs, Child Care Providers) will not be considered guests but must be on file, in writing, with the Secretary of the Board of Directors or the Pool Manager.

## **Tennis Court Rules**

1. FOOD, DRINK, SKATEBOARDS, and GAMES other than tennis are NOT allowed on the court.
2. Only tennis shoes may be worn as foot attire on the court.
3. Members may sign up for the court no more than 24 hours in advance. If a member is waiting on the court, only 1 hour of play is allowed. When two members are present, the court may be taken for only 1 hour of singles, but may be used 2 hours for doubles.
4. Players with reserved court time must be on time. After 10 minutes, waiting players may take the court.
5. If you have not reserved a court in advance, you must sign in before taking the court.
6. REMEMBER TENNIS ETIQUETTE!  
\*Do not monopolize favorable times of play (i.e. the same hours on weekends). Allow other members an opportunity to use them also.  
\*Please leave the court as you would like to find it. Remove trash/refuse. There is a trash receptacle just outside the court.

Rules and Regulations can't help sounding like what they are. Please remember that these are intended

- 1) to ensure the safety of the members and guests,
- 2) to foster equal treatment of all members, by all members, and
- 3) to protect the physical property of your club.

I have read and understand the Indian Valley Swim Club Rules and Regulations. As a member, I understand that it is my responsibility to help enforce them. If I have children who use the club, I have explained the rules to them.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name

(Please return to the Swim Club mailbox at 404 Marshall.)  
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Club Use Only:

Received by: \_\_\_\_\_ Date: \_\_\_\_\_