



Pleasant Hill Recreation & Park District POOL RULES

1. A qualified lifeguard must be on duty before patrons are permitted to enter the pool area.
2. Everyone must shower before entering the pool.
3. All persons entering the pool area must pay admission.
- 4. Children 8 years and under must be accompanied in the water by a paying adult (18+).** Children 12 years and under must be accompanied in the facility by an adult.
5. Anyone suspected of having an infection, sore or skin disease will not be permitted in the pool.
6. Always walk within the pool area and locker rooms.
7. Pushing, dunking, and other types of "rough-housing" are not permitted.
8. Feet first entries ONLY in areas where depth is 9 feet or less.
9. Flips, jack-knives or cannonballs are not permitted off the edge of the pool.
10. All swimmers who are not toilet trained, including incontinence, must wear a watertight swim diaper in the pool.
11. Coast Guard approved flotation devices are allowed only with adult supervision.
12. The use of facemask, fins, snorkel and underwater breathing apparatus is prohibited.
13. All swimmers must wear proper swim attire (swim trunks and/or swimsuit). Un-hemmed pants or cut-offs are not permitted.
14. Glass containers are not permitted within the facility.
15. No alcohol or smoking within the facility.
16. Chairs, lounges and tables are available on a first-come, first-served basis.
17. Radios are permitted at a low volume only.
18. Keep ladders and steps clear. Hanging on ladders, railings or diving boards is not permitted.
19. Swimming in the diving area is not permitted.
20. Other rules may apply at the discretion of the lifeguards or head guard.

Diving Board Rules

1. Diving board swim test required for swimmers aged 17 and under.
2. Persons wearing Coast Guard flotation devices are not allowed off the diving board.
3. One person at a time on the board.
4. One bounce, forward dives and jumps only.
5. Dives and jumps must be straight off the end of the board.
6. Wait until previous diver is to the side of the pool or past the rope before getting on the board.
7. The hands must enter the water first on all headfirst dives.
8. After dive or jump, swim to the nearest ladder and exit pool, or swim in a straight line past the rope toward the shallow end.
9. No sitting, playing or hanging on diving boards.
10. Swimming in the diving area is not permitted.

The Pool Manager or Head Guard may expel any person from the pool who is violating these rules or whose conduct or condition is jeopardizing the health, safety or pleasure of others. Your health and safety is our primary concern. These rules are enforced to ensure a safe and enjoyable area to swim.

Pleasant Hill Recreation & Park District is not responsible for lost or stolen items.