

POOL RULES

GENERAL

1. Use of the pool is permitted only when a lifeguard is on duty. Weather permitting, regular pool hours are Monday through Friday, 11:00 AM until 8:00 PM; Saturday, Sunday and Holidays, 11:00 AM until 7:00 PM. During pool events, which include the time needed for setting up and hosting home swim meets, the pool will not be available for general member use. Please check the sign-in station when you arrive at the pool, the pool bulletin board outside the locker rooms, the current Racquetteer, and the Club website for important schedule reminders regarding pool events and schedule changes.
2. All members, including each family member, must sign in when entering the pool area. Members must also sign in their guests at this time. **This is a state law.**
3. Members and guests must abide by all swimming pool rules that are posted at the pool. They must behave responsibly while inside the pool area. Rough housing, horseplay, unsafe conduct and rude or disrespectful language will not be tolerated. Members and their guests should be models of good behavior and sportsmanship and must respect the authority of the Pool Staff in their effort to maintain the safety of everyone in the pool area. The Pool Staff is authorized to expel from the pool area anyone who fails to cooperate in maintaining safety and respect for others in enjoying the pool.
4. Locker rooms are available for changing clothes. They provide more private dressing areas for boys, girls, ladies, and men. There is a changing table for diapering infants in the boy's locker room and the ladies locker room. *Proper cover-ups are required when entering and leaving the parking lots, while in the clubhouse, and on the clubhouse deck. Swimsuits are permitted at the snack bar and its immediate vicinity. Swimsuits may be worn at the pool deck only and not at the tennis or clubhouse deck.*
5. Diving is permitted only where the water is more than five feet deep. Running dives are not permitted. Diving or jumping off the side of the diving board is not permitted. Please allow one bounce on the board per dive. One person is permitted on the diving board at a time.
6. Personal Property: The Club is not responsible for theft, loss of or damage to personal property of members or their guests on Club premises.

HEALTH AND SAFETY RULES

1. Anyone known to be a carrier or suspected of being infected with a communicable disease, eye, nose or throat infection, skin disease, and/or open cuts or sores, will **NOT** be admitted to the swimming pool area. **This is a state law.**
2. All swimmers, especially children and younger guests, must demonstrate their swimming ability to the satisfaction of the pool staff before being permitted in the deep end of the pool. This includes being able to swim two consecutive lengths of the pool, to tread water for one minute, and to show enough confidence in the water to satisfy the pool staff.
3. Glass containers are not permitted in the pool area. Only food and drinks in plastic or paper are permitted. Please dispose of all trash in the trash cans.

4. Infants must wear disposable swim diapers or swim pants and a swim suit to use either pool. For the health, safety and enjoyment of all swimmers in the infant pool and the big pool, young children who are not toilet trained must wear disposable swim diapers (swimmies) and swim suits. Parents, sitters, and guardians must be especially attentive and watch children carefully to prevent soiling accidents in our pool area. FCRC follows strict public health procedures for removing soiling or vomiting accidents from our pools. Should such an accident occur, parents, sitters, or guardians must speak with a lifeguard immediately.
5. The use of any large flotation device is prohibited in either pool.
6. The Club Manager determines whether the pool remains open when the air temperature does not reach 68 degrees and also during inclement weather. Please check at the sign-in station, call the pool office at 967-0328, or check the website before dropping off your children. The pool could be closed with little or no notice to the membership.

USE OF POOLS BY CHILDREN

1. At the beginning of the season, parents must complete an emergency card for their children and return it to the office.
2. Even when a lifeguard is on duty at the infant pool area, parents, adults, and sitters must provide close supervision of children in the infant pool. Children may not be left at the infant pool unsupervised.
3. Parents and sitters are responsible for supervision of children in the pool area and anywhere on Club property.
4. Only children 8 years old and younger are permitted in the infant pool.
5. **All children 10 years and under** must be accompanied at all times in the pool area by an adult. Baby sitters must be at least 12 years of age; this includes members' children watching younger siblings. Regular baby sitters must be registered in the Club office. There will be no guest fee for **registered** sitters.
6. All children 6 years and over must demonstrate their swimming ability to the satisfaction of the Pool Staff before being permitted in the deep end of the pool. Qualifications include the swimmer being able to swim two consecutive lengths of the pool, treading water for one minute, and showing enough confidence to satisfy the instructor.

GUEST RULES

1. Guests are to be accompanied by a member while using the pool facilities. Members are responsible for signing in their guests, and for the conduct of their guests.
2. Guest fees are \$8.00 for adults and children over age 6.
3. Members are permitted to invite the same guests two times per week.
4. Guest fees will not be charged for grandchildren, visiting out of town family members and baby sitters **as long as the member has registered them in advance with the Club Office.**