

350 – Facility Safe Use Policies

1.0 Purpose

This policy is to ensure a consistent development and application of facility use rules which need to be enforced and followed while in the facility of the Tukwila Pool Metropolitan Park District (TPMPD). When issues arise that are not covered by these rules, Lifeguards may use their discretion to address safety concerns.

2.0 General Facility and Pool Rules (Policies)

- Pool staff is authorized to enforce rules and supervise the public use of the pool facility. Please follow all rules and respect staff members' efforts to keep everyone safe.
- Adult supervision: Children six (6) years of age or under 48" in height must be directly supervised by an adult in the water and be within an arm's length distance at all times.
- Non-swimmers cannot go beyond shoulder depth water. Pool staff may ask anyone in the pool to perform a swim test before using the diving board, slide or deep-water area.
- No diving in shallow water. Diving is only allowed from the deck in designated areas under direct supervision. (A yellow line marks diving area and a red line marks non-diving area.)
- Diseases and illness: Persons having skin lesions, sore or inflamed eyes, mouth, nose or ear discharge or diarrhea or vomiting in the last two weeks shall not be allowed in the pool.
- Alcohol, tobacco and drug use are prohibited.
- Food and drink in designated areas only. No gum or glass containers.
- Spectators are welcome in the designated areas.
- All swimmers must shower before entering the pool.
- Running, horseplay or pushing is not allowed.
- Mask/fins/snorkels and other swimming aids must be approved by the pool staff.
- Baby attire: Infants and toddlers must wear plastic pants or swimming diapers.
- Diapers must be changed in designated diaper changing area or restrooms.
- Report all accidents and incidents immediately to pool staff.
- Additional rules may be required, when necessary, for the safety and enjoyment of the user.
- Bathers with seizures, heart, or circulatory problems are advised to swim with a buddy.

2.1 Rules Regarding Children under six (6) years of age and/or Non-swimmers (those not able to pass a swim test)

- Children under six (6) years of age must be accompanied by an adult in the water and within an arm's length of the child at all times.
- A maximum of three (3) children less than six (6) years of age are permitted in the water per adult.
- Non-swimmers may be allowed in the 5'-5'6" swimming areas only when accompanied by an adult and within arm's length distance.
- Non-swimmers utilizing the 5'-5'6" area should be encouraged to use a lifejacket.

2.2 Dive Board Rules

- Divers must pass swim test before using the board.
- Only one person at a time is permitted on the diving board and ladder.
- Each person must wait until the proceeding diver has cleared the area before diving.
- Only one bounce is permitted on the diving board.
- Front dives, front jumps and front flips are allowed straight off the end of the board.
- Running dive, cartwheels and handstands are not allowed.
- Jumping off the diving board into the arms of another swimmer is not permitted.
- Divers must swim directly to the nearest ladder and leave the diving area.
- Adjustments to the diving board fulcrum may only be made at the discretion of the aquatic staff.
- The manager on duty may restrict certain dives based on safety concerns.
- Playing or swimming in the diving area is not permitted while the board is open for diving.
- Hanging off the end of the diving board is not permitted.
- Goggles, Face Masks and Flotation devices are not permitted while going off the board.
- Swimming under the diving board is prohibited.

2.3 Slide Rules

- All users must pass the pool swim test and receive approval from the lifeguard on duty.
- No flotation devices allowed, including lifejackets.
- One person on slide at a time.
- Use only after splash down area is cleared.
- Feet first entry only.
- No stopping inside flume.
- Leave splash down area immediately.
- Swimmers may not catch or assist swimmers coming out of the slide.
- Stopping inside the slide is not permitted.
- Slide users may only go down the slide feet first.
- Slide users must wait to climb the stairs to the slide until the previous user touches the wall.
- Swimming or diving in the designated slide splash area is not permitted, unless slide is closed. An orange construction cone should be placed at the bottom of the stairs to the slide to indicate the diving board is closed

2.4 Swim Test Rules

- Lifeguards may require any patron age eighteen (18) or over to pass the swim test before entering deep water.
- All children under the age of eighteen (18) are required to pass the swim test before entering the water on the deep side of the bulkhead.
- The swim test will be administered by one of the lifeguards on duty.
- Swimmers are required to swim the width of the shallow end and back, using an overhand stroke and getting their face wet, without stopping or touching the bottom of the pool.
- Dog paddle, backstroke or underwater swimming are not acceptable forms of swimming for the swim test.
- No swimming aids or flotation devices should be used while taking the swim test (goggles are okay).
- The lifeguards may allow swimmers to pass the swim test according to their judgment. This decision should always keep patron safety as the first priority.
- Any issues surrounding the swim test should be directed to the lead staff member on duty.

2.5 Swimming Lesson Rules

- Students may not enter the water until their instructor begins class.
- Students must stay with their instructor at all times when in the pool.
- Lifejackets may be used on diving board during swimming lessons.
- Students must get out of the pool when the lessons end. Instructors need to make sure all of their students are out before they leave the class area.
- There are no make-up days for lessons. If the pool cancels for any reason, a credit will be placed on the student's account.
- All pool rules apply.

2.6 Lap Swimming Rules

- All patrons in lap lanes must swim laps. Maximum occupancy is eight (8) patrons per lane unless otherwise designated, i.e. water walking, swimming lessons, therapy groups. Individuals not swimming laps will be asked to leave the lap lanes
- When the lap lanes become crowded (with three (3) or more swimmers), patrons will be asked to swim in a circular direction. During this time, patrons will need to swim in a lane that matches their swimming speed.
- Equipment such as pull buoys, masks, fins, snorkels and paddles may be used.
- Open to all ages. Children must be able to swim at the same pace as the slowest swimmer.
- Lap Swimming Etiquette for circle swimming
 - Swim to the right of your lane at all times
 - When passing another swimmer, pass to the person's left, down the middle of the lane at full speed. Once you have finished passing, swim to the right of the lane again.
 - When being passed, slow down until the overtaking swimmer has completely passed you.
 - If someone is at your heels, when you reach the wall pause to let that person pass.
 - When swimming into the wall, keep to the right (not the middle or the left) so that if a person is passing you at the end of a lane they will have space to turn.
 - When standing at the wall of a lane, stand to the left (when facing the wall) whenever possible to allow space for the incoming swimmers.
 - If a problem should arise, be sure to let the lifeguard know.
 - If you are swimming faster than others are in your lane, move to a faster lane. If you are swimming slower than others in your lane, move to a slower lane.
 - If you want to stretch out or do other exercises in the water, use the appropriate part of the pool.

2.7 Equipment Rules

- Flotation Mats
 - Patrons may not stand on mats.
 - Patrons may not jump onto the mats from the side of the pool.
 - Patrons may not jump from a mat or exit the pool from a mat.
 - No more than two (2) mats should be stacked on one another in the water.
 - Mats should be shared among all swimmers who wish to enjoy them.
 - Mats should be kept away from the pool edges and corners so they do not prevent the guard's ability to effectively scan the entire pool area.
 - Mats are not to be thrown.
 - Mats are not permitted in the diving board or slide areas.
- Noodles

- Patrons may not slap the noodles on the water or at/near other swimmers.
- Noodles are not to be thrown.
- Noodles should be shared among all swimmers who wish to enjoy them.
- Noodles are not permitted in the diving board or slide areas

- Basketball Hoop
 - Slam dunking is not permitted.
 - Hanging on the rim or hoop is not permitted.
 - Roughhousing and horse play are not permitted
 - Shots may only be taken from the water. Shots from the pool deck are not permitted.
 - Moving or adjusting the hoop is not permitted as it is permanently fixed in place.

- Other Equipment
 - Kickboards, pull buoys are only for use during Lap Swim. Aerobic hand buoys may only be used for Water Aerobics classes or Water Walking.
 - Goggles are not to be lent out for patrons to “borrow.” This is for health reasons.
 - If you require assistance with first aid, getting lifejackets or have any questions, please ask the lifeguard at the front desk to help you. The lifeguard on deck is responsible for