

# **Tallyho Club, Inc.**

## **Rules and Regulations**

### **ALL RULES WILL BE STRICTLY ENFORCED AT ALL TIMES**

- All swimmers must be clean and free of infections and communicable diseases.
- In order to enter the water, children who are not toilet-trained must wear a swim diaper, covered by tight-fitting water-proof (rubber) pants.
- All swimmers must be water-safe or under the immediate supervision of a water-safe person, in addition to the lifeguards
- Diving is not permitted in shallow areas of the pool that are less than 5 feet deep.
- All swimmers shall immediately exit the pool when the lifeguard signals – via three short blasts of their whistle - that there is a weather emergency.
- An adult swim period (ages 16+) shall be provided during the 15 minutes prior to each hour.
- Consumption of food and drink is only allowed in designated areas.
- Glass containers, chewing gum, intoxicants and smoking are prohibited.
- Running, rough play or any actions which endanger the safety and comfort of pool users are prohibited.
- The use of inflatables, water guns and related toys are prohibited except at the discretion of the Pool Manager.
- All persons shall comply with the requests of the lifeguards on duty. The lifeguards on duty have the authority to limit access to the pool and facilities when, in their judgment, it is necessary to do so for the health and safety of the members and guests.

### **WADING POOL RULES**

- There is no lifeguard on duty in the wading pool.
- Children using the wading pool must be continuously accompanied by an attendant of at least 13 years of age.
- Children over the age of 6 are prohibited from using the wading pool.
- In order to enter the water, children who are not toilet-trained must wear a swim diaper, covered by tight-fitting water-proof (rubber) pants.

### **DIVING WELL RULES**

- General swimming is not permitted in the diving well when either the dive board or slide is in use
- One person on the dive board at a time.
- One person on the slide at a time (including the ladder).
- Only slide feet-first.
- Exit the pool immediately upon completion of a dive or slide.
- Do not dive or slide if a swimmer remains in the diving well.
- Children with flotation devices are never permitted in the diving well.

## LAP SWIMMING

Two lanes will be designated for use by lap swimmers at all times during regular pool hours. Three lanes will be designated for lap swimming as long as circumstances permit. Three lap lanes may be reduced to two, at the lifeguards' discretion, when necessary to accommodate large crowds of recreational swimmers or other pool usage, such as swim team practice.

### Use of Lap Lanes

- Lap lanes may not be used for play or other recreational activities by children or non-lap swimmers. They are available to Tallyho members on a first-come, first-served basis.
- In order to accommodate all lap swimmers, each lap lane will be shared by 2 or more swimmers.
- Private swim lessons in lap lanes: When 3 lap lanes are available and at least 1 lap lane is empty, private swim lessons may be conducted in the empty lap lane. Private lessons may not take place until there is 1 empty lap lane available. Private lesson instructors may share a lap lane, but private lessons may not monopolize more than 1 lap lane at a time. Private lessons may not be conducted in the lap lanes when there are only two lanes available, for example, during swim team practice or parties. Private swim-lesson instructors should record their lessons in a log book at the guard station, in advance if possible.
- Children 16 or younger may swim in the lap lanes when the lanes are not occupied by adults. Children who use the lap lanes must swim laps and cannot use the lanes for recreation, even if they are empty. Children under 16 who are not taking a private swim lesson must vacate lap lanes during adult swim.
- Lap swimmers should confine lap swimming to designated lanes. Other parts of the pool, including adjacent lanes, are open to all members and cannot be used exclusively by lap swimmers.
- Recreational swimmers may not use the lap lanes to traverse the pool or access the deep end from the shallow end of the pool.

### Swimming Laps

- Lane sharers shall "circle swim" in order to accommodate more swimmers in each lane. Swimmers shall circle in a counterclockwise direction, staying to the right of the center line in each lane.
- Swimmers should choose the lane that best suits their swimming ability and speed. When 3 lanes are available, the lane closest to the deep end will be designated as the "slow" lane. The middle lane will be designated as the "medium" lane, and the remaining lane will be designated as the "medium-fast" lane. When 2 lanes are available, the lane closest to the deep end will be designated as the "slow" lane, and the adjacent lane will be designated as the "medium-fast" lane.
- Please make sure all swimmers in the lane know you are joining them before you enter the lane. (Signal them verbally or stand at the wall on the side of the lane until all swimmers have passed before you start swimming.)

- When pausing at the wall during circle swimming, please stand to the side of the lane, leaving the middle area (the wall cross) open for lap swimmers who are making turns. Please limit conversations at the wall with other lap swimmers. Swimmers who want to converse should leave the lane and move to another area of the pool or pool deck.
- If you need to pass a swimmer while circle swimming, gently tap their foot as you approach the wall. The swimmer being passed should then move to the side of the lane and wait for the faster swimmer to turn on the wall before resuming swimming. Faster swimmers may pass on the left only after checking for other swimmers.
- Please do not dive into lap lanes when other lap swimmers are using them. Diving is never permitted at the shallow end of the lanes.