

## St. Joseph's College Pool Rules

- GUARD MUST BE ON DUTY TO ENTER POOL AREA
- Every swimmer must shower with soap before entering pool
- Hair that is shoulder length or longer must be in a tight braid or a cap
- Any swimmer with a cold, nasal or ear discharge, boils, open cuts or sores, or wearing bandages should NOT enter pool
- Street shoes and clothes are NOT allowed on the pool deck
- NO spitting, spouting water or blowing nose in pool
- NO RUNNING, PUSHING OR HORSE PLAY
- NO pampers or diapers in the pool – A RUBBER PANT IS REQUIRED for any child who is not yet potty-trained and those in Quackers/Polliwogs class
- Children 10 years of age or under MUST be accompanied by an adult
- Anyone using floatation devices must stay in shallow water
- Diving is prohibited in shallow end and from sides of the pool
- FORWARD DIVING AND JUMPING ONLY
- Food and drinks are not permitted in the pool area
- Glass containers are not permitted in the pool, showers or locker room
- Bathing suits only (no cut-off, t-shirts, underwear, etc.)
- Fins are for Adult Use Only
- NO hanging on the lane markers

\* ONLY SWIMMERS IN POOL AREA – NON-SWIMMERS MUST WAIT IN THE HALL-WAY