

Delta College Fitness & Recreation Center

Pool Rules

Maximum Bather Load Capacity = 402

- Children under 5 must be accompanied by an adult in the water.
- Food, drink, chewing gum, and glass items are not allowed in locker rooms or on pool deck
- Swimmers must shower before entering the pool
- Individuals with open sores, rashes, or infections are not allowed in the pool
- Swimmers who are not toilet trained must wear a swim diaper
- Appropriate bathing attire is required (swimsuit with liner)
- Swimming is allowed only when lifeguard is on deck
- Walking only on the pool deck
- Pushing, dunking, horseplay, or other dangerous play is not allowed
- Swimmers must show competency in a swim test before entering deep water
- The safest way to jump into a pool is feet first while facing the pool. Shallow areas are marked no diving. Please ask a lifeguard for the appropriate areas for diving. No backwards entries into the pool will be permitted.
- Shallow areas are marked 'No Diving'. Ask a lifeguard for appropriate diving areas.
- Swimmers may not sit on one another's shoulders
- Hanging on safety ropes or lane lines is not allowed
- Sitting, standing, or jumping off pool divider walls is not allowed
- A friendly environment is encouraged -- profanity, vulgar remarks or disrespectful comments may result in expulsion from the facility.
- Persons under the influence of alcohol will not be allowed to use the facility

Water Slide Rules

PLEASE OBEY ALL POSTED SAFETY RULES AND ORAL INSTRUCTIONS FROM RIDE OPERATORS:

Avoid any action that may injure you or others. Stay within the limits of your ability; control the speed or direction of the ride or your body as instructed. Do not extend your arms or legs beyond the carrier or seating areas. Do not swing or bounce on rides unless instructed. Get off ride properly at the designated time and place. Use safety devices at all times. Do not disconnect safety devices or interfere with the safe operation of the ride. Do not touch the operator's controls. Do not throw or drop any object from or towards a ride.

- Ride at your own risk.
- Begin descent only when signaled by the lifeguard.
- Slide must be ridden feet first lying on your back with legs firmly crossed at the ankles and arms folded across the chest (to prevent elbows contacting the flume).
- Weight limit per slide is 300lbs.
- You must be a minimum of 48" tall to use the slide.
- Eyeglasses must be securely affixed to riders with head straps.
- No pushing, shoving or saving places in line.
- Swimmer's hair and swimming suits (no T-shirts or shorts) must be free of zippers, rivets or any materials that could scratch the slide.

- Only one rider at a time. Single riders only!
- Do not run, dive, stand, kneel, or rotate or stop in the slide.
- Do not uncross your legs or attempt to sit up until you come to a stop in the splash down area.
- Exit splash down area immediately.
- Splash down area should not be used for swimming purposes. No jumping or diving into splash down area. No flotation devices allowed in the splash down area.

CAUTION: For safety reasons pregnant women and persons with heart conditions or back trouble should not ride the slide.

YOU MAY NOT GET ON RIDE UNLESS:

You know how to get on, use, and get off the ride. You have read, understood, and meet each ride's posted signs and safety requirements. You know the limits of your ability and that the ride will not exceed your limits. You are not under the influence of alcohol or drugs.

You are authorized by the operator to get on the ride.

"State law requires riders to obey all warnings and directions for carnival or amusement rides, and behave in a manner that will not cause or contribute to the injury of themselves or others. Riders must report injuries to a lifeguard prior to leaving the premises."

Diving Board Rules

- Swimmers must show competency in a swim test or PSD before using the diving board.
- Only 1 person on diving board at a time.
- Divers must wait for the person ahead of them to reach the pool ladder prior to diving off the board.
- Divers may not sit-drop, flip, spin, or perform inward dives.
- Running on the diving board is not allowed.
- Divers may only make one approach and one bounce per dive.
- Divers may not adjust the board without permission from guard.

Therapy Pool Rules

- Maximum Bather Load Capacity 17.
- Please shower before entering the pool.
- Individuals with open sore, rashes, or infections are not allowed in the pool.
- Only individuals high-school or older are allowed in the therapy pool.
- Do not use if you have high blood pressure or are suffering from dizziness or nausea.
- It is recommended maximum time not exceed 15 minutes.

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