

GROTON COUNTRY CLUB

SUMMER 2007 POOL RULES

REGISTRATION: All members twelve (12) years and older are required to present and leave their membership card at the sign-in table located inside the gate of the pool. Please, for your own protection, pick up your card when you leave for the day,

GUESTS: If you are a member of Groton Country Club, you may purchase a \$6.00 pool pass for your guest to swim for the day. Non-member residents may purchase passes at the rate of \$8.00 during the week and \$10.00 on the weekend. Non-member/Non-residents may purchase passes for \$10.00 during the week and \$12.00 on the weekend

GENERAL RULES: For your health and safety, we ask for your cooperation with the following:

1. **Food, alcohol, glass and animals are prohibited inside the general pool area. Please, plastic bottled water only.**
2. **All children under twelve (12) must be accompanied by an individual sixteen (16) years of age or older.** Parents are responsible for their children's behavior.
3. **Running, rough play, Frisbees and balls are not permitted inside the pool area or in the pool.** Areas outside the pool fence are for games, which may be played without causing a distraction to the guards or the members.
4. Swimmers may only wear goggles, **NO masks.**
5. PFD's (Personal Flotation Devices) are permitted in the pool subject to the Pool Director's approval. Any child in the pool with a PFD, **MUST BE ACCOMPANIED BY A PARENT IN THE WATER.** A child in a PFD, though accompanied by a parent, must remain in the wading pool area (the roped off shallow section). **NO FLOATIES ARE ALLOWED AS THEY ARE NOT AN ACCEPTABLE PFD.**
6. Rubber pants **MUST BE WORN OVER ALL DIAPERS!**
7. We require footwear to be worn at all times going to and from the pool area.
8. All pool users **must** wear a swimsuit designed for swimming. The Massachusetts State Health Code states that **cut-offs, gym shorts, sweatpant shorts, body suits and other items worn for exercising or recreation are not allowed in the pool.** Hair beyond shoulder length should be tied back. Swimmers are encouraged to wear a cap.
9. Showers are required before entering the pool, especially if you have applied suntan oil or lotion. People who have been exercising or are sweaty should rinse off at the shower.
10. Radios and tape players are permitted but with respect for others when in use. Guards may ask that the music's volume be either reduced or shut off.
11. **Foul or obscene language will not be tolerated.**
12. Massachusetts State Health Code states that no person with any health ailments (including a cold, cough, fever, inflamed eyes, skin diseases, open sores or wearing a bandage of any kind) may use the pool.
13. Diving is permitted only in designated areas.
14. Except in emergencies, all swimmers are to stay off the lane lines and the life lines.
15. During hot days and busy times, adult swims will be called **every other hour or at the discretion of the head guard on duty.** An adult swim is a fifteen (15) minute block in which **all** children must leave the water and only adults may swim. This is also a time for a quick refresher for the guards. The lifeguards will signal the start and finish of the adult swim this will also be at the head guards discretion.
16. On crowded days, the lounge chairs will be reserved for adult (18 and older) use only.
17. The changing of diapers at the pool, while convenient, is not in the best interests of members' and guests' health and safety. We would appreciate your changing diapers in the locker rooms.

NOTE: When the pool is open there will be at least two (2) guards on duty. No one is permitted to use the pool if lifeguards are not on duty. The guards are here for your safety and protection and to help enforce the rules of the Club. Please avoid gathering around the guard chairs. This distracts the guards and can cause them not to focus on swimmers in the pool.

THE LIFEGUARDS MAY, AT THEIR DISCRETION, PROHIBIT ANY ACTIVITY, WHICH THEY DEEM TO BE UNSAFE OR UNHEALTHY IN THE POOL AREA.

These rules are for the safety and enjoyment of all members. Please read them carefully to your family so that everyone will have a safe and enjoyable summer.

THANK YOU! WE LOOK FORWARD TO SEEING YOU AT THE POOL!