

INDIAN HILLS SWIM CLUB 2019 RULES

Note: Indian Hills Swim Club Staff reserves the right to enforce other rules which are not listed here to maintain a safe and healthy environment for all our members and guests. American Red Cross certified lifeguards are on duty at all times. Please obey lifeguards and follow the rules at all times.

1. All members must present membership cards when entering pool. The cards are to be left at the front desk and picked up when leaving the club; no exceptions. Membership cards are non-transferable, and failure to observe this rule may result in loss of membership rights and privileges. A \$3.00 fee per membership card will be assessed for any lost cards that need to be replaced.
2. If any member of the family has any type of medical concerns or special needs, please let management know and we will keep this private information on file in case of an emergency.
3. No fast-food carry-outs may be brought into pool premises. Exception: Food may be brought in for parties in picnic area and coolers are allowed. No glass containers are allowed and coolers may be subject to inspection by the Swim Club Staff. Picnic tables need to be reserved at the front desk. If children leave to go to a nearby restaurant, please make sure that a responsible adult accompanies them.
4. Admission to the Swim Club is limited to members and their paying guests. All guests must be accompanied by a member and must register at front desk. Please check weather forecast before guests enter and pay guest fee. No refunds will be given once guests have entered. No children under 13 years of age will be admitted to the pool unless accompanied by someone at least 16 years old.
5. All swimmers 12 and under (including guests) must pass swimming test to gain access to and swim in large pool unaccompanied by an adult. A child who has not passed swim test can not be in the deep end of the large pool under any circumstances unless approved by the lifeguard on duty. This includes going off the diving board or going down the tube slides. Children must show that they can tread water for 30 seconds and proficiently swim 2 laps of the swimming lane of the deep end of the big pool. A fish tag will be given to those who pass the test and who pay \$1.00 (our cost for tags) which must then be worn at all times when in the large pool unaccompanied by an adult. Fish tags are reusable from year to year. Lifeguards and management reserve the right to retest swimmers from year to year for proficiency.
6. Smoking of any type is prohibited anywhere inside the pool property. There is an area on the south side of the parking lot under the trees that is furnished with a picnic table and buckets that will be used as a designated smoking area. This will be the only area on the premises that can be used for smoking.
7. Picnic, patio, and concession areas are provided for food consumption. No food is allowed on the pool deck areas at any time. No shelled peanuts, shelled pistachios or shelled sunflower seeds are allowed on pool premises. Gum is also not allowed on pool premises.
8. Profanity of any kind will not be tolerated. Disruptive and rude behavior will not be tolerated.
9. Showers are required before entering pool. Suntan oils/lotions and heavy hair oils are not permitted in the pools. Please take a shower to help keep the pool clean.
10. Children who are not potty-trained must wear a swim diaper at all times.
11. No person under age 18 is permitted in the baby pool or hot tub by themselves. (State Law)
12. Proper swimming suits are required. No exceptions.
13. No running allowed except on basketball and volleyball courts.
14. Rafts, noodles, and other swim accessories will be allowed only in the shallow portion of the large pool. If crowded conditions exist, then use may be limited subject to the discretion of lifeguards and/or management.
15. No ball throwing of any kind is permitted in the big pool. Ball throwing is limited to the 3 ft. pool only. Tennis balls or hard balls are not allowed at any time. It will be up to the discretion of the lifeguard or management to decide whether the conditions are okay for playing catch (i.e. too crowded, playing is too rough, etc.)
16. A 15-20 minute Adult Swim (Ages 18+) may be called periodically throughout the day. Adult Swim is held in the big pool only.

17. All bicycles must be parked on the parking lot outside at the bike stand located by the basketball and volleyball courts. Please use a lock and chain for your own protection.

18. To gain access to the Swim Club, everyone must pass through the apartment parking lot. Please be courteous to our neighbors and drive safely. Parking will be allowed only in designated parking areas for Indian Hills Swim Club and not in apartment tenant parking.

19. Lounge chairs are available on a first come availability basis. Please do not remove belongings from chairs without permission. Also, there is no 'reserving' lounge chairs for those who are not present at the pool.

20. No pushing, dunking, sitting on someone's shoulders or horseplay is allowed. Absolutely no diving is allowed from side of any of the pools except in the deep end of the large pool.

21. If there is inclement weather, it will be up to the discretion of the manager to decide if the Swim Club will open and/or remain open for the day. If asked to leave due to weather, then please do so immediately. This is for member safety, as well as the safety of our staff.

22. Although alcohol is not prohibited at the Swim Club, it is limited to the picnic area only, and please be sure to observe the "no glass" policy. Management reserves the right to make decisions on alcohol use and the limitations of use by any individual. Alcohol is not allowed to be left unattended at any time. Water is the only beverage permitted next to the pools and must have a lid.

23. The deep end lap lane will be used only by adults from 5 – 7 pm daily. There may be other times posted when lap lane is to be used by adults only. Always swim to right when using lap lane.

24. Indian Hills Swim Club is not responsible for lost, stolen or damaged items. Lockers are available in the restrooms. Locks are not provided. Please do not leave valuables unattended.

SPA RULES

Spa use is limited to 10 minutes at a time. This is very important for all to adhere to but especially the young and elderly from a health prospective. No one under age 18 is permitted at any time in spa without adult supervision (per St. Louis County Health Department). Elderly persons, pregnant women, or those with health conditions requiring medication should consult a doctor before using the spa. No one should ever lower their heads below the surface of the water in the spa. A maximum of 4 people at one time may be in the spa.

DIVING BOARD RULES AND DEEP END RULES

Only one person at a time is allowed on the diving board. Divers must wait until the previous diver is to the side of the pool. No swimmers are allowed under the diving board. Cartwheels, handstands, and sit down dives are not allowed. No back dives unless manager on duty gives permission. Only one bounce per dive is allowed, and no hanging on the diving board. No goggles, masks, fins, or floating devices are allowed when using diving board or in deep water. Dive straight off the board. Lifeguards may restrict any dive considered unsafe. Diving is permitted only in the 11 ft. area. No flips or backward jumps into the pool are allowed anywhere from side of pool. Running on diving board is strictly prohibited.

SLIDE RULES

Only one person at a time allowed on slide platform and only one person at a time on steps. Slides into pool must be feet first. No standing or swimming in water in front of any slide. Goggles, masks, and flotation devices are strictly prohibited when going down the slides. After using the tube slide, swim to ladder on that side of slide. All other regulations for tube slide use are posted on the slide. Never force or try to coerce a child to go down the one-entry children's slide in the shallow end. If the child climbs the steps and hesitates at all, please have them carefully come back down the steps. They will know when they are ready. If you are standing in the water at the bottom of the slide, please give the child plenty of room for entry. Never try to catch them as they are entering the water.

****** Any serious violation of any of these rules may result in suspension or loss of swimming pool privileges. All members are responsible for knowing these rules and making sure that family members and guests are familiar with them.******