

INDIAN HILLS SWIM CLUB 2023 RULES

*****All members must read and understand the following rules upon joining. 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 of our members and guests. Please obey our lifeguards and follow the rules at all times.**

1. All members must check in with the front desk when entering pool. Memberships are non-transferable, and failure to observe this rule may result in loss of membership rights and privileges.
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. Please reserve handicap parking for our members using walkers and wheelchairs.
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 items of any kind are allowed and coolers may be subject to inspection by the staff. Picnic tables and pavilion need to be reserved with sarah@indianhillsswimclub.com. If children leave to go to a nearby restaurant, please make sure that a responsible adult accompanies them.
4. Admission 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 ages 7-12 (including guests) must pass our swimming test to gain access to and swim in large pool unaccompanied by an adult. Children must show that they can tread water for 30 seconds and proficiently swim 2 laps of the swimming lane of the deep end. A child who has not passed the swim test cannot be in the main (large) pool without an adult under any circumstances unless approved by the manager on duty. This includes going off the diving board or going down the tube slides. A fish tag will be given to those who pass the test and who pay \$1.00 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. **Children under the age of 7 or ages 7+ without a swim tag MUST always be supervised by a responsible adult. 25/10 RULE APPLIES AT ALL TIMES. (If child cannot proficiently swim 25m, then parent must be within 10ft, preferably closer)**
6. Smoking of any type is prohibited anywhere inside the pool property. If you or your guests choose to smoke, then please do so in your vehicle. Do not smoke anywhere near the entrances to the swim club. This includes the playground area and basketball court area.
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 (in all pools). No person under age 18 is permitted in the baby pool by themselves. (State Law)
11. Proper swimming suits are required. No exceptions.
12. No running allowed except on basketball and pickleball/volleyball courts. Must wear shoes on courts.
13. 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. Glitter tubes/bean bag pillow rafts are not allowed. Small music devices must be kept by lounge chairs and at a low noise level. All drinks must be kept by lounge chairs or tables, not allowed poolside. Please keep lids on all drinks.
14. Ball throwing is limited in the big pool (non-busy times only). Members and guests may be limited to ball throwing in 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, too rough)

15. All bicycles must be parked on the parking lot outside at the bike stand. Please use a lock.
16. 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.
17. Lounge chairs are available on a first come availability basis. Please do not remove belongings from chairs without permission. No 'reserving' lounge chairs for those who are not present at the pool. Chairs from home are limited to the picnic area only.
18. No pushing, dunking, sitting on someone's shoulders or horseplay is allowed. No throwing children. Absolutely no diving is allowed from the side of any of the pools except on the diving board or the lap lane.
19. 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.
20. Although alcohol is permitted 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.
21. Adults swimming laps have priority in the deep end lap lane at all times. Always swim to right when using lap lane. Swimming full length 25m laps is prohibited during normal business hours.
22. IHSC 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.
23. Please do not sit in or climb out of the pool gutters. Use the recommended stairs and ladders.
24. The toddler/baby pool and playground area is for children ages 6 & under accompanied by their parent or a responsible babysitter at least 16 years or older. Caregivers must be **within arm's reach** of their children at ALL times throughout the entire facility (this includes the restrooms).

SPA RULES

Spa use is limited to 10 minutes at a time and ONLY ages 18+. No one under age 18 is permitted at any time in spa. 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. NO diapers of any kind are allowed in the spa. NO floatation devices allowed in spa.

DIVING BOARD/SLIDE/DEEP END RULES

DIVING BOARD: MUST HAVE SWIM TAG. 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. No lingering or "hanging out" in the deep end area.

4.5 FT SLIDE: This slide is limited to ages 5-12 with a basic swimming ability. Only one person at a time is allowed on the slide platform. Next in line must wait at the bottom of the stairs. Must slide feet first. No standing or swimming in water in front of any slide. Goggles, masks, and flotation devices are strictly prohibited when going down ALL slides. 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.

11 FT TUBE SLIDES: MUST HAVE SWIM TAG. Only 2 people at a time on slide platform. Swim to ladder on that side of slide. All other regulations for tube slide use are posted on the slide.

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