

FOREST HILLS PUBLIC SCHOOLS  
COMMUNITY AND AQUATIC CENTER

**POOL RULES**

1. ALL SWIMMERS MUST TAKE A SOAKING SHOWER BEFORE ENTERING THE POOL.
2. STREET SHOES MAY NOT BE WORN ON THE POOL DECK.
3. ANY CHILD WEARING DISPOSABLE SWIM DIAPERS MUST HAVE TIGHT-FITTING PLASTIC PANTS OVER THE DIAPER.
4. FOLLOW THE LIFEGUARDS INSTRUCTIONS.
5. NO RUNNING, PUSHING, PULLING, SHOVING, DUNKING OR HORSEPLAY.
6. NO FOOD, DRINK, OR GLASS IN THE POOL AREA, LOCKER ROOMS, OR VIEWING AREA.
7. CHILDREN UNDER THE AGE OF 12 MUST BE SUPERVISED BY AN ADULT.
8. CHILDREN IN FLOATATION DEVICES AND NON-SWIMMERS UNDER 4FT TALL MUST BE ACCOMPANIED BY AN ADULT IN THE WATER AT ALL TIMES.
9. NO HANGING ON LANE LINES.
10. THE STARTING BLOCKS MAY ONLY BE USED DURING AN ORGANIZED SWIM PRACTICE OR SWIM MEET. THIS INCLUDES THE BACKSTROKE HANDLES.
11. NO DIVING IN WATER LESS THAN 6 FEET DEEP.
12. FEET FIRST ONLY IN THE SHALLOW END.
13. ONLY FORWARD JUMPS AND DIVES (6 FT) FROM THE SIDE OF THE POOL.
14. NO FLIPPING OR TWISTING FROM THE SIDE OF THE POOL.
15. ALL FLOATATION MUST BE KEPT IN THE SHALLOW END INCLUDING BALLS, NOODLES, KICKBOARDS ECT.
16. NO SITTING OR STANDING ON THE SHOULDERS OF OTHERS (CHICKEN FIGHTS).
17. SHOES ARE REQUIRED TO BE WORN OUTSIDE OF THE POOL AREA AND LOCKER ROOMS.
18. CHILDREN AGES FIVE AND OVER MUST USE THE APPROPRIATE GENDER LOCKER ROOM.

**DIVING BOARD**

19. ONLY ONE PERSON ON THE DIVING BOARD AT A TIME. WATCH THE LIFEGUARD FOR DIRECTION.
20. DIVING BOARD USERS MUST BE ABLE TO SWIM BACK TO THE SIDE UNASSISTED. THE AREA SURROUNDING THE ENTRY POINT MUST BE CLEAR.
21. NO RUNNING ON THE DIVING BOARD.
22. ONE BOUNCE ON THE DIVING BOARD.
23. ENTER STRAIGHT OFF THE END OF THE DIVING BOARD. NO HANDSTANDS, CARTWHEELS. ALL DIVES MUST BE PERFORMED WITH ARMS OVERHEAD.
24. GOGGLES AND MASKS ARE NOT ALLOWED TO BE WORN ON THE DIVING BOARD.
25. SWIM TO THE NEAREST LADDER AND EXIT THE POOL—NO EXITING INTO THE SWIM AREA.
26. THE DIVING WELL IS TO BE KEPT CLEAR OF SWIMMERS – NO SWIMMING IN THE DIVING WELL.