

PRRC Swimming Pool Rules

1. All decisions from the Lifeguard are final.
2. No one is to be on the pool deck or in the swimming pool without a lifeguard on duty.
3. Leave your valuables at home, we are not responsible for lost or stolen articles.
4. All swimmers must check in at the front desk before swimming.
5. Before entering the pool- remove all band-aids, jewelry, hairpins and gum.
6. Everyone must shower fully before entering the pool- this means hair, too! Please take a brief (2 minute) shower after swimming. *The locker rooms close 30 minutes after the last program. If you need more time to change, please arrange to get out of the water earlier.
7. Do not leave personal items in the dressing or shower rooms! You must bring everything out to the pool deck. If needed, utilize the pool clothes basket and hang items in the appropriate pool area. Please do not obstruct walkways with personal property.
8. Any swimmers who has a history of seizures or other serious medical conditions are strongly encouraged to inform the lifeguard before swimming.
9. No food, drink or smoking on the pool deck or in the dressing rooms
10. NO DIVING!! NO RUNNING!
11. Do not allow children to play on, under, or crawl through handrails. No standing or sitting on the bulkhead.
12. Please report any incidents or injury to the Aquatics Staff, no matter how minor.
13. Do not enter the pool until your designated time. Swim times are run by the pool deck clock. Please exit promptly after the Lifeguard signals.
14. Please do not sit or stand in front of the lifeguard, any emergency equipment, or the office door. We need immediate access to these areas in case of an emergency.
15. We evacuate the pool area in case of earthquake and fire. Please follow lifeguard's directions for pool and facility evacuation.
16. Lifeguard whistles: 1 short blow- look to the lifeguard. 1 long blow (or signal from air horn) - clear the pool and follow any directions given.
17. All swimmers must supply their own bathing suit, towel, swim diapers or any other needs for swimming, including an aide in the water, and dressing room.
18. No Lap swimming during any open swim time

Lap Swimming Rules

1. All decisions from the Lifeguard are final.
2. There are 2 lane lines in the pool making 2 lanes for lap swimming and 1 lane for exercising. The far lane is a slow speed lane, closest to the wall. The middle lane is a slow-medium speed lane. The closed lane is only used for walking and exercise, located near the ramp.
3. Always swim down on the right side and come back on the right side.
4. When swimming, choose a lane that fits your ability and speed. If directed by the Lifeguard, please change lanes as needed.
5. If you have to rest please rest at the end of the pool, and to the side of the lane.
6. Please do not pass anyone in your lane while swimming.
7. Please do not hang on the lane lines.
8. For your safety and comfort follow all the rules.

