

POCL RULES

The lifeguard has the authority to enforce all rules, swim test any swimmer and ask those not in compliance with policies to leave the pool area.

- Youth 9 years old and under MUST be accompanied and supervised by a guardian 16 years of age or older at all times while in the pool.
- Only US Coast Guard approved flotation devices are allowed during open swim; any participant requiring a personal flotation device MUST have a guardian (16 years of age or older) within arm's reach at all times while in the pool.
- No diving in water less than 9 feet deep.
- No running or horseplay (i.e., pushing, dunking, or throwing people.)
- No breath holding activities are permitted.
- Masks and snorkels may be used ONLY by adult lap swimmers.
- All swimmers must shower before entering the pool.
- No glass containers or gum allowed in pool or shower area.
- The pool will close during thunder or lightning storms.
- Bathing suits are required no cut offs.
- Kickboards, fins and pull buoys are for instructional use and lap swimmers only.
- Only branch-approved water toys are permitted in the pool area.
- The lifeguard has the authority to restrict any behavior deemed to be unsafe or inappropriate.