



Spring Lake Pool Facility Rules

The Spring Lake pool management and staff are committed to providing you with a safe and healthy pool environment for your enjoyment. Our highly trained and experienced staff works hard to ensure that the pools are well maintained and that safety standards are met. Even the best maintained pools can spread germs. Here are steps you can take:

- Admission to the swimming facility shall be refused to all persons having any contagious disease, infectious conditions such as colds, fever, ringworm, foot infections, skin lesions, carbuncles, boils, diarrhea, vomiting, inflamed eyes, ear discharges, or any other condition that has the appearance of being infectious. Persons with excessive sunburn, abrasions that have not healed, corn plasters, bunion pads, adhesive tape, rubber bandages, or other bandages of any kind shall also be refused admittance. A person under the influence of alcohol or exhibiting erratic behavior shall not be permitted in the swimming facility.
- The pool water is not suitable for drinking. Patrons should avoid swallowing pool water.
- We are working to educate the public about water safety. Please ask the Customer Service Representative for a brochure about keeping pool water safe. You can also learn more at www-cdc.gov/healthy water/swimming.
- Wash your body before swimming.
- A ten-minute rest break will be called every hour. Please utilize this time to drink water, use the restroom and apply sunscreen.

Swimming Lessons / Swim Team: Parents & Chaperones

- Parents and/or chaperones who have a child participating in swim lessons or on the swim team will be allowed to wait in a restricted area on the pool deck during swim lessons/swim team, without charge. Street shoes are not allowed on the pool decks. Please refrain from eating on the pool decks as well. Water is permitted on pool deck.

Wading Pool Rules

- The wading pool is designated for children 7 years of age and under, or with manager approval-
- All children who are 3 years of age and under, and/or who are not potty-trained, must wear a swim diaper and tight-fitting rubber or plastic pants under their swimsuit at all times.
- Diapers must be changed in the locker rooms only and not on the pool decks or on lounge chairs.
- Parents and/or guardians (18 yrs. of age or older) must provide direct supervision of children swimming in the wading pool at all times.
- Flotation devices are only allowed in wading pool with permission of lifeguard on duty.
- No running or rough play is permitted.
- Food, drink and gum are not allowed in the wading pool area. In addition, littering is prohibited.

Aqua Climb Rules

- Persons using the Aqua Climb must be able to pass the deep-water swim test. If swimming ability is questionable, facility staff will evaluate the participant.
- Swimmers who wish to use the Aqua Climb are asked to line up behind the Aqua Climb sign. Swimmers waiting in line may not block the pool exit ladder. Swimmers must wait on the pool deck until the previous swimmer has exited the water.
- Only one swimmer at a time on the Aqua Climb, Only one swimmer at a time in the drop zone.
- No diving. Feet first entries only
- Exit pool using ladder at the side of the pool.
- Goggles, Flotation devices and or toys are not permitted.



Spring Lake Pool Facility Rules

Water Slide Rules

- Persons must be 48 inches tall and be able to swim one pool length to use the water slide.
- Riders must wear appropriate swimwear, as specified in pool rules.
- Only one rider at a time. NO doubles, trains or chains.
- Enter slide in a sitting position.
- Wait for lifeguard's starting instructions before riding.
- Ride slide feet first either sitting or lying down on back.
- Keep arms and feet inside flume. Do not stop on slide.
- No inner tubes, mats, life jackets, glasses, sunglasses or goggles permitted in flume.
- Exit splashdown area in pool immediately.
- Form waiting line on right side of stairway or on deck, as directed by lifeguard.
- WARNING: Pregnant women and riders with a heart or back condition may NOT use the slide.
- WARNING: Failure to follow slide rules can result in serious injury to self and others, and may result in loss of privilege to use slide.

Diving Pool Rules

- Extreme caution should be taken when using the diving boards. Head and neck injuries can result from improper diving.
- Backward and Inward diving is prohibited from 1m board and 3m meter board.
- Backward flips are prohibited from 1m board and 3 m board. As well as "Gaynor style" dives.
- Spring Lake Pool staff reserves the right to prohibit persons from executing dives and/or jumps deemed dangerous.
- Persons using the diving boards must be able to pass the deep-water swim test. If swimming ability is questionable, facility staff will evaluate the participant.
- No lifejackets permitted in diving pool area.
- Persons must be facing forward and holding on to the ladder with both hands when climbing the 3-meter diving board steps.
- Only one person on diving board at a time.
- Patrons must wait his/her turn at the bottom of the ladder (feet on cement deck) until the person ahead of them has jumped from the board and has reached the side of the pool/ladder (1m board) or the bulkhead (3m board).
- Only one bounce on the diving board - no double bouncing.
- Jumping and/or diving off the side of the diving board is prohibited on both diving boards. Patrons must jump/dive straight off the diving boards.
- Once you have entered the water, swim directly to the side of the pool/ladder (1 m board) and/or to the bulkhead (3 m board).
- Jumping from a backwards position is prohibited from the pool decks and from the diving boards.
- Sitting and kneeling dives are prohibited.
- No front or back flips, inwards, etc. from the side of the swimming pool.
- No splashing lifeguards/pool staff from the diving boards or from the side(s) of the pool.

General Pool Rules

- Obey pool staff at all times. Lifeguards are responsible for enforcing safety rules and responding to emergencies. Parents and/or guardians, 18 years of age or older, are responsible for the supervision of children.



Spring Lake Pool Facility Rules

- **Children 10 years of age and under must be accompanied and directly supervised by a pass holder or paying adult 18 years of age or older at all times.**
- To ensure the pleasure, safety and health of our patrons, management reserves the right to refuse admission and/or to remove from the pool any person not adhering to pool facility rules and regulations.
- Bullying, harassing or threatening others, and/or using offensive language/swearing will not be tolerated. Violators will be subject to loss of swimming privileges and/or legal prosecution.
- All children three years of age and under **MUST** wear a swim diaper and tight-fitting rubber or plastic pants under their swimsuit, as required by the Illinois Department of Health. Wearing swim diaper and rubber or plastic pants ensures that the pool water stays clean and clear, and prevents contamination.
- Clean and modest swimsuits required. Jean shorts, unlined gym shorts, cutoffs, thong bikinis and/or revealing swimwear is not acceptable.
- Undergarments may not be worn under swimsuits.
- Persons may wear clean water shirts, rash shirts, and/or t-shirts in the water for sun protection, to cover offensive tattoos and/or over revealing swimwear.
- Persons with hair longer than chin length must have it tied back or must wear a bathing cap when in the pool.
- All persons are required to take a soapy shower before entering the swimming pool.
- Patrons under the influence of controlled substances, including drugs and alcohol, and/or who demonstrate behavior that is detrimental to the operations of the facility and/or the safety of others, will not be admitted.
- No tobacco products or smoking allowed. This includes E-CIGS and VAPORS. Violators may be subject to loss of swimming privileges.
- Spring Lake is a family friendly facility. Graphic and/or offensive tattoos, as determined by pool management, must be covered.
- Swimming is prohibited when thunder is heard and/or lightning is observed, including a 30-minute period after the last thunder is heard and/or lightning is observed.
- The pool will re-open weather permitting. No refunds or rain checks will be issued when the pool closes due to inclement weather.
- The pool may close early or be closed due to scheduled swim meets, special events, fecal accidents, mechanical breakdown, and/or at the discretion of SLP management.
- Personal floatation devices including air-filled water wings are not allowed in the pool. Individuals may wear a Coast Guard approved lifejacket, which may be checked out at the front desk free of charge. Individuals wearing a lifejacket must remain in the shallow area of the pool and must be within one arm's reach of a parent or guardian 18 years of age or older.
- Pool appropriate toys are allowed in the wading pool only and will not be permitted in the main pool.
- A 10-minute rest break is called every hour during public swimming times. Individuals under the age of 18 are to promptly exit the pool when break is called.
- During this time individual are encouraged to drink water, use the restroom, find all party members, and apply sunscreen as needed. Adults, 18 years of age and older, may swim in the main pool area only during break and may bring one child, age 3 or under, in the water with them.
- Diving pool, slide, climbing wall and baby pool are closed during break.
- No prolonged breath holding, breath holding games' individuals are to avoid swimming and/or standing directly under the lifeguard stands. Lifeguards cannot see persons in this area.
- Personal conduct within the pool facility must be such that the safety of self and others is not endangered. No running, pushing, climbing onto the backs of others, grabbing persons around the neck, throwing persons, dunking and/or any other boisterous or rough play is allowed.



Spring Lake Pool Facility Rules

- Any type of personal display of affection in the swimming pool or on the pool decks is prohibited.
- Patrons are to refrain from hanging on lane lines.
- Patrons are not allowed to not walk on, hang on or swim under the bulkhead. You will be asked to leave facility for the rest of the day.
- Although the Park District provides a "lost & found" container in the pool office, we are not responsible for lost or stolen items. Lost & found items are kept at the pool for a maximum of 2 weeks.
- A limited number of lockers are available in the locker rooms for patron use. Patrons are encouraged to use their own lock to secure their personal possessions. Locks are also available to rent for 1.00 per day. Patrons who do not return rental locks will be charged \$5 replacement cost. Patrons are advised not to leave personal items in unlocked lockers. Patrons are also reminded that locks must be removed from lockers at the end of each day. Locks left on lockers will be cut off daily and locker contents will be disposed of.
- The pool water is not suitable for drinking. Please avoid swallowing pool water.
- Glass containers are prohibited.
- Chewing gum is not allowed in the pool facility.
- Sunflower seeds and/or shelled nuts are not allowed in the facility.
- Coolers, large bags, purses, etc. are permitted and may be checked by facility staff as you enter.
- All food and beverages must be consumed in the designated concessions area (behind the yellow lines).
- Littering is prohibited. Please put trash in the garbage cans!
- Only clean baby strollers or wheelchairs are allowed in the pool area or bathhouse.
- Spitting, spouting of water, blowing the nose or introducing contaminants into the pool is not permitted.
- Glass, soap or other materials that might create hazardous conditions and/or interfere with efficient operation of the swimming pool shall not be permitted in the swimming pool or on the pool deck. Diving in water less than 9 feet deep is not permitted, except when allowed for competitive swimming and training.
- Caution shall be exercised when using the diving pool. See additional diving pool rules as posted.
- No one should ever swim alone.
- When the pool is closed and/or when Spring Lake lifeguards are not present and on duty, swimming is strictly prohibited.
- Loitering outside the pool facility is prohibited. Violators will be prosecuted.
- Pets are not allowed on Spring Lake grounds during pool/swim hours.
- Fishing is not allowed at the North end of Spring Lake when pool is open.
- Skateboards, rollerblades, bicycles, etc. are not permitted on wooden decks/stairs.
- Persons who vandalize and/or abuse or destroy property of Spring Lake Pool, its staff and/or patrons, will lose swimming privileges and be prosecuted.
- Additional rules and/or announcements may be posted at various times to indicate pool schedule and/or temporary safety hazards. Please be aware of any such signs.
- The pool management has the authority to implement and enforce rules that are more stringent or that supplement those as listed.

**Thank you,
Spring Lake Pool Staff**