

Pool Guidelines

Safety First: At the JCC, safety is our top priority. Please familiarize yourself with the pool rules posted on the deck to ensure everyone's well-being. Failure to comply with these rules may result in removal from the pool area without warning, depending on the severity of the situation. Always stay aware of your surroundings and swim responsibly.

Lifeguards: Our professionally trained lifeguards follow the latest American Red Cross standards for water safety and rescue techniques.

- Do not argue with lifeguards; they enforce rules for everyone's safety.
- Lifeguards are here to prevent accidents and respond to emergencies.
- Always comply with their instructions, or you may be asked to leave.

Color-Coded Pool Zones:

Our pool perimeter is marked in red, green, and blue. A key near the bleachers explains these colors:

- **Red Zone:** No jumping or diving. Use the stairs or slide in carefully as the water is shallow.
- **Green Zone:** Jumping is allowed under these conditions:
 - Feet first, straight ahead, and into a clear area.
 - No flips, twists, or spins.
- **Blue Zone:** Diving headfirst is permitted if the area is clear of others.

Lap Swimming Etiquette:

- Share lanes when the pool is busy. Signal others before entering a lane.
- Avoid jumping in without making sure the lane user sees you.

General Pool Rules: Failure to adhere to these rules may result in removal from the pool area.

1. Always follow aquatic staff instructions.
2. No running on the deck.
3. Individuals with open wounds or infections cannot use the pool.
4. Non-swimmers must remain in the shallow roped-off area with adult supervision.
5. Children under 6 must always be within arm's reach of an adult in the shallow end.
6. Non-toilet-trained children must wear swim diapers.
7. Children 15 or younger must pass a deep-end test to swim in the deep end.
8. Only Coast Guard-approved flotation devices are allowed. Toys are permitted at staff discretion.
9. Proper swim attire is required; no street clothes are allowed.
10. Children 10 and under must always be supervised by an adult.
11. Do not block, distract, or feign distress to the lifeguard.
12. No rough play (pushing, dunking, or pulling underwater).
13. Breath-holding contests and "dead-man's floats" are strictly prohibited.