

Seven Bridges Field Club

Rules and Regulations

Revised May, 2016

POOL

1. No swimming without a Lifeguard on duty.
2. No pushing or shoving people into the pool.
3. No hanging on lane lines.
4. No swimming while chewing gum or wearing bandages, hairpins, or other objects that may come loose and damage the filters. Plastic pants must be worn over disposable diapers since they may damage filters.
5. No diving from pool deck in less than 8 feet of water. Diving from the pool deck is permitted only from the south and west walls of the deep end away from the diving board. **This is a state regulation.**
6. The use of floatation or recreational equipment such as inner tubes, rafts, face masks, etc. and any ball play in the pool will be at the discretion of the lifeguards.
7. No child will be permitted in the deep end unless he/she has passed the deep water test or is accompanied by a responsible person. The deep water test is conducted by the lifeguards and consists of swimming two continuous laps using any stroke and treading water for 1 minute. Arrange with life guard on duty in advance to confirm that he or she is available to administer test.
8. The center lane of the pool will be roped off for those who would like to swim laps. Please keep clear of this area except for swimming laps or for crossing to and from the deep end. The lane may be removed at the discretion of the lifeguards.
9. The wading pool is for the use of young children only with an accompanying adult. No children over the age of seven are allowed in the wading pool. **Accompanying adults have total responsibility for children using the wading pool.**
10. Whenever conditions render the use of the pool unsafe (high chlorine content, thunderstorms, etc.) the lifeguards and Board Members may close

the pool. In such an event, everyone must immediately exit and clear the pool and the pool deck. The pool will remain closed for 15 minutes after the last thunder is heard and at the discretion of the lifeguard on duty. **Health Department regulations-please cooperate with lifeguards.**

Diving Board

1. Only one diver is allowed on the board at a time.
2. Before diving, the diver must make sure that the previous diver and other swimmers are clear of the diving area.
3. No running on the diving board. Diver must walk to the end of the board to complete dive.
4. The diver will dive directly off the end of board and not to either side.
5. Upon completion of the dive, the diver will swim immediately to the side of the pool clearing the way for the next diver.
6. At the discretion of the lifeguards, anyone that does not adhere to the diving rules will be asked to refrain from diving.

Pool Area (within the fenced area)

1. All members must sign in their guests at the lifeguard office upon arrival. A guest book will be provided at the lifeguard window. **(Insurance requirement)**
2. No children under 10 years old are allowed unless accompanied by a responsible person. **Lifeguards are not permitted to baby-sit during their working hours.**
3. No running or rough play.
4. No glass containers to be used on the pool deck.
5. All food and drink will be confined to the grassy areas.
6. No sitting on the fence
7. No unauthorized persons are allowed in the lifeguard office.
8. No unauthorized persons are permitted in the equipment area behind the lifeguard office. Pool Chemicals and machinery are stored in this area

9. No one is permitted to use safety or maintenance equipment or first aid supplies unless authorized by the lifeguards or board members.
10. In the event of fire or emergency, the lifeguards will direct everyone to evacuate the club. Those cars parked in the spaces closest to the pool in the Seven Bridges lot will have to relocate to allow access for emergency vehicles.

Lifeguards

1. The on-duty lifeguard will always be in or by the lifeguard chair. The lifeguard should not be unnecessarily distracted or talked to while on duty.
2. The on-duty lifeguard will wear a whistle and use it to signal bathers and others when necessary.
3. All accidents must be reported to the lifeguard on duty.
4. Lifeguards are responsible for the cleanliness of the pool, the pool area and the restrooms. Anyone responsible for leaving a mess will be asked to clean it up by the lifeguards.
5. Lifeguards may take any reasonable action necessary to ensure the safety and comfort of those within the pool area.
6. Complaints about lifeguard performance, particularly issues affecting pool safety, should be brought to the attention of a Board member.

Grounds and Facilities

1. No littering. Garbage and recycling cans are provided. Please be sure to separate the garbage from the recycling.
2. No alcoholic beverages will be sold or served on our premises.
3. No smoking in any club buildings
4. No pets are permitted in the pool area. Owners are required to clean up after their pets on the club grounds.
5. No fireworks including sparklers are permitted on club grounds.
6. No one is permitted on club grounds except for members and valid guests who are accompanied by a member.
7. No bicycles or other vehicles are allowed in pool area. All bicycles should be left in the parking lot.

Guest Privileges

1. A guest is any non-member entering the club grounds at the invitation of a member. There is no charge for bringing guests to the club.
2. All guests must be accompanied by a member and signed in at the lifeguard window. **(Insurance Requirement)**
3. Each adult guest (21 or older) is limited to only two visits per month. Exceptions may be made for short term out-of-town family members or guests.
4. Junior members (under 21) are limited to no more than 3 guests per visit.
5. Members desiring to have a group of guests or to hold a function such as a birthday party, must contact the Board for permission for staffing purposes. A fee will apply when extra lifeguards are required.
6. Guests must abide by all Club rules. Violators of club rules may be banned from further guest privileges.
7. Certain Rules may be waived for special events at the discretion of the Board of Directors.

Enforcement and Penalties

1. Parents are responsible for making their children aware of the club rules and ensuring that they abide by them.
2. Lifeguard and Board members are authorized and required to enforce all rules and to penalize flagrant or repeated violations with a suspension of pool privileges for a limited time.
3. Lifeguards or Board members may request longer penalty periods if violations are repeated, flagrant or result in personal injury. Suspensions of more than one day must be authorized by the Board of Directors.
4. Parents will be notified by a Board member when children are suspended for one or more days.

Please note that certain rules may be waived for special events at the discretion of the Board of Directors.