

GENERAL SWIMMING AND DIVING RULES

PLEASE NOTE: The following rules have been developed to provide for your safety and enjoyment while using the pools. Your cooperation in following these rules and instructing your children to follow them will benefit all members. The gate located at the entrance to the Association will be locked each night at 10:00 P.M. by a person or company selected by the Board of Directors or the General Manager. The tennis key will open this gate.

A. POOL AREA:

1. Children ten (10) years of age and younger must be accompanied by an adult or by a person thirteen (13) years of age or older. If this person is not a member of the Association, they must abide by the guest rules.
2. Loitering is not permitted near the lifeguard stands.
3. All injuries occurring on the premises must be reported immediately to the General Manager or to the Manager on Duty.
4. Members and guests may be prohibited from the pool area when, in the opinion of Manager on Duty, it is contrary to the best interest for the use of the pool. Members and guests must make any special medical or physical needs known to the lifeguards. Pools are not to be used by members or guests during periods of illness.
5. Parents or guardians will instruct their children in personal hygiene and instruct them to use the rest rooms when needed.
6. Glass or other breakable materials in any form are not allowed in the pool area.
7. Pools may be closed at the discretion of the life guard or Manager on Duty when weather conditions warrant such action.
8. Running, pushing and rough play is prohibited.
9. Proper attire, as deemed appropriate by the Manager on Duty, must be worn at all times.
10. Swim diapers must be worn by all infants and children not yet toilet-trained.

B. SWIMMING POOLS (Upper and Lower):

1. The Manager on Duty or lifeguard may require a proficiency test of children using the deep end of either pool at any time.
2. Only Coast Guard-approved life jackets and/or swim goggles may be worn in either pool. ALL OTHER FLOTATION DEVICES ARE PROHIBITED. Water sport accessories are allowed only for water sports events scheduled by the Association.
3. Face masks, except those with built in corrective lenses are not permitted in any pool, except in the lap lane while swimming laps.
4. Fins, flippers or snorkels are permitted only in lap lane while actually swimming laps.
5. Scuba gear is prohibited.
6. Holding on to or sitting on the lap lane ropes or the rope separating the diving area from the shallow end of the upper pool is prohibited.
7. Sitting on, jumping or diving off the swim blocks located at the lower pool is strictly prohibited except during regularly scheduled swim team practices, meets or with the permission of the swim coaches.

8. Lower Pool - Lap Swimming: The lane nearest the lifeguard stand will be reserved for lap swimming only. Kick boards are available from the lifeguard and should be returned to the lifeguard stand when finished the lap swims.
9. The Lower Pool may be cleared, at the discretion of the Manager on Duty, for "Adult Swim." The Manager on Duty also has the authority to suspend or modify Adult Swim hours as he/she deems necessary.
10. No chairs shall be placed within three (3) feet of the edge of any pool.
11. Prime Time Weekend Use—as a general rule, both the upper and lower pools will be open for membership and guest swimming (adult swim, lap swimming and general swimming) only from 11:00 a.m. until 7:00 p.m. ("Prime Time") on each Saturday and Sunday between opening day and closing day. In other words, to the extent possible, there will not be any swim or dive team practices during Prime Time. If there are going to be swim or dive team practices on Saturday or Sunday during the season, those practices will take place from 7:00 p.m. until 9:00 p.m. so long as the practices do not interfere with the operation of at least one pool for the general membership.

C. CHILDREN'S POOL:

1. Use of this pool is limited to children six (6) years of age or younger.
2. Children using this pool must be accompanied and supervised by an adult or another qualified person thirteen (13) years of age or older to whom the parent or guardian has delegated responsibility for the child.
3. Parents may leave toys, at their own risk, in a container provided by the pool. Any toys left in this container may be used by all children using the pool. Any toys left after the pool closes for the season will be donated to charity.

D. DIVING AREA:

1. Only one person is allowed on each board at a time.
2. It is prohibited to: (1) Hang on diving boards; (2) Jump from sides of diving boards (you must jump straight off the end); (3) Swim in front of diving boards; and (4) Jump or dive from the diving boards while wearing a life jacket and/or goggles, (5) run on the diving board, (6) jump excessively on the board (one jump and then off).
3. Children not proficient in deep water swimming should not use the diving boards unless supervised by an Avalon coach or swim instructor.

E. PRIVATE POOL PARTIES:

1. The Association is available for use by members for private parties hosted and arranged by members, at the discretion of the General Manager. *All parties must be arranged in advance and approved in accordance with the procedures described below (see #10).*
2. Pool functions (swim and dive meets, as well as pool social events) have priority over private parties.
3. The Adolf conference room (the room above the snack bar) is available for rental for private functions by members only upon payment of the fee. Other areas of the facility cannot be reserved and are available to all members on a first-come, first-served basis.

4. Guests may attend a private party as non-swimming guests. If the guests are attending a party as swimming guests or tennis guests, those guests must pay the appropriate fee.
5. All members and guests at any Avalon function must abide by all Association bylaws, rules, regulations and policies at all times. The member hosting the party is responsible for the conduct of all guests.
6. Pool staff is not available to serve as party coordinators, baby sitters, or for food preparation. These individuals can be hired to help out with a party, but only if they are not scheduled for duty to work at the pool at the time of the function. Such arrangement is made privately between the party host and the person in question.
7. Food and non-alcoholic beverages may be brought into the Association for a party, but *no glass containers of any kind are permitted*. The party host is responsible for clean-up after the party, making sure that the pool grounds are left in the same condition after the party as they were in before the party.
8. Consumption of alcoholic beverages at private parties is not permitted.
9. In case of inclement weather or any other situation that requires the pool area to be vacated, the party will be terminated and the pool area cleared immediately of all pool members and guests at the party. This decision will be made by the Manager on Duty and is not subject to discussion or debate.
10. The procedure for arranging for a party is as follows:
 - a. Review the Policy on Private Pool Parties (above); complete a Party Reservation Form available from the General Manager, an assistant manager or on the Avalon website;
 - b. Complete the Party Request Form, and return it to the General Manager, who will clear availability and staffing on the time and date requested;
 - c. Pay the appropriate fees (room rental, grill, guest, etc.) in advance of the start of the party. The room rental fee, grill fee, lifeguard fee are adjusted on an annual basis and will be on the room rental form. If the party includes swimming members and guests, a lifeguard must be hired for the first twenty (20) members/guests. An additional lifeguard must be hired for each additional 20 members/guests. Checks for the above fees should be made out to Avalon Recreation Association. On the day of the party, a guest list is required. A copy should be provided for the front gate and for the Manager on Duty so that party attendees to check-in with the staff when they enter.