

Avalon Pool Rules

1. Children 10 years of age or younger must be accompanied by an adult or by a person 13 years of age or older.
2. All infants and children must wear swim diapers if they are not yet toilet-trained.
3. Only US Coast Guard approved flotation devices and life preservers/jackets are to be worn in the pools. All other flotation devices are prohibited.
4. Any device that restricts movement of a swimmer's appendages (arms, legs, etc.) are prohibited in the pools.
5. A lifeguard or pool manager may require a proficiency test for all swimmers who, in their judgement, may not have adequate aquatic skills to safely swim in the pools.
6. The following items are prohibited in the pools:
 - Hard Toys
 - Snorkels
 - Kickboards or Noodles (kickboards are allowed in the lap lane and noodles are allowed during adult swim periods)
 - Any object judged, according to the lifeguard or manager on duty, to be deemed unsafe or an annoyance to other swimmers.
7. The following behaviors are prohibited while in the pool areas:
 - Any form of distraction of a lifeguard while on duty in the stand.
 - Running, pushing and horse-play while on swim decks.
 - Sitting or standing on the backs/shoulders of other swimmers.
 - Flips or backwards jumping off the side of the pools.
 - Any use of the swim team starting blocks unless instructed by an Avalon swim coach or clinics instructor.
 - Smoking.
 - Consumption/possession of alcohol (unless during an Avalon adult sanctioned event).
 - Hanging or pulling on lane lines or divider ropes.
 - Any foul language and/or inappropriate sexual/physical activity.
8. The following rules apply to the use of the sliding board:
 - Slider is to remain at the bottom of the slide steps until the previous slider clears the front of the slide.
 - Only one slider uses the slide at a time.
 - No sliding on board while wearing life jackets, or flotation devices etc.
 - No throwing of objects before, during and after the use of the slide.
9. The following rules apply to the use of the basketball goal:
 - No dunking or hanging on the rim or backboard.
 - No shooting of balls while jumping off the side of the pool.
 - No shooting of balls from the pool decks (shoot only while in the water).
10. The following rules apply to the use of the diving boards:
 - Only one person is allowed on the board at a time.
 - Any individual who is deemed, by the lifeguard or manager, to not be a proficient swimmer will be prohibited from using the diving boards (unless they are supervised by an Avalon swim coach or clinics instructor).
 - No hanging or sitting on the diving boards.
 - No jumping off the sides of the diving boards.
 - No swimming in front of the diving boards.
 - No jumping from diving boards while wearing life jackets, goggles etc.
 - No running while on diving board
 - Jumping/bouncing excessively on board (only one jump is allowed).
11. Penalty for the disregard of Avalon pool rules:
 - First offense – warning
 - Second offense – sit out of pool for 10 minutes
 - Third offense – referral to manager on duty