



Swimming Pool Rules



Policies at the Chisago high school pool are based upon the Minnesota State Laws, Health Department Regulations, nationally accepted industry standards, and our insurance carrier's guidelines. We cannot and do not make exceptions to these rules.

The safety, health, and enjoyment of all of our guests is our top priority. We feel our guests are entitled to a safe and enjoyable family atmosphere, with an emphasis on accident prevention.

General pool rules

- A certified lifeguard must be on duty before a guest is allowed in the pool area.
- Children **preschool age or younger and/or shorter than 48 inches in height** must be **accompanied by a paid adult** who swims within reach of that child. We will allow one adult in the water to supervise up to three or four children.
- At the discretion of staff, any action that is dangerous, destructive, disrespectful, or comprises the health, safety, or enjoyment of another guest is prohibited.
- Children cannot be left unattended or unsupervised on the deck or the bleacher area.
- Swim suits are required. Cutoffs, T-shirts, or cotton shorts are not allowed in the pools. Swimsuits shall be of a style which does not violate the code of decency. Guests may wear Swimwear should be of lycra or polyester material
- Street clothes and/or shoes are not allowed beyond the spectator bleacher area.
- Showers are a must for everyone before using the pool. It is a Minnesota state law.
- Walk at all times. Running is not allowed. This includes on the diving board.
- Concession items are allowed in the lobby and bleacher area but not on the swim pool deck or in the locker room area. **Glass items are not allowed** anywhere in the facility.
- Lifeguard chairs and lifesaving equipment can only be used by staff.
- The ropes are pool dividers. Guests are not allowed to sit, hang, or tightrope walk on them. Swimmers may go under but not over them; **except** the deep end diving board divider. Guests using the diving board must exist by the north ladder.
- Pushing, dunking, dangerous roughhousing, sitting on shoulders, 'chicken fighting', throwing in the air, diving from or sitting on shoulders, or hanging on equipment is prohibited.
- Only paid guests may use the pools.
- A guest must be able to swim one length of front crawl if s/he wants to swim in deep water. Deep water is any depth over the head of the guest. A swim test is administered by a lifeguard at the beginning of every recreation (fun) swim. Lifeguard discretion as to passability.
- Flotation devices and lifejackets are allowed. An adult must be within arm's reach of any preschooler or nonswimmer using a flotation device or lifejacket. No type of flotation device is allowed beyond the first shallow rope divider.
- Pool toys and balls are allowed. Only masks, goggles, diving rings or sticks are allowed in the deep end. All other toys, noodles and balls must remain in the shallow end section.
- Unreasonable public displays of affection are prohibited.
- Harassment or inappropriate language is prohibited.
- Anyone with open sores or an infectious disease is not allowed in any of the pools.
- Chisago schools and grounds are tobacco free.

- No spitting water or blowing of nose in the pools.
- Guest may use the office telephone only to call for a ride home. Phone calls are \$.50.
- Animals are not allowed.
- The facility closes completely 15 minutes after the swim hours. Please make sure you have left the facility or that your child is picked up by that time. If children are left unaccompanied, it is policy to contact the County sheriff's office.

Rules specific to diving and the diving board

- Diving from the side is only permitted in the southeast deep section of the pool.
- One guest at a time on the diving board. After using the board, guests must swim to the north ladder to exit the pool.
- Guests using the diving board must jump or dive straight off the end of the board and may only bounce one time.
- Guests may jump or dive when the guest ahead of them has cleared the area.
- The diving board guardrails and ladders are slippery and not intended for stunts.
- The diving board fulcrum must be in the most forward position.
- Guests may swim or play in the southeast deep section. Only diving board users may be the northeast deep section.
- Running, double bouncing, hanging from, handstands, cartwheels, or springing from a sitting position is not allowed off the diving board.

Rules specific to the hot tub

- Capacity is eight people. Any dangling hands or feet 'count' toward tub capacity. During busy times staff may limit and direct hot tub time to allow more equitable use.
- People with medical problems, pregnant women, and people with medical injuries should consult a physician before using the hot tub.
- Guests should limit time in the hot tub. Unaccustomed users should remain in the hot tub only 2 or 3 minutes.
- Guests must be sitting in the hot tub. Playing, going under water, or splashing is not allowed. Guests must also be facing the center of the hot tub.
- Hot tub is not open during recreation (fun) times. It is open only during fitness (lap) hours

Rules specific to the Wading Pool

- For guests shorter than 48 inches tall and an adult(in a swim suit) who accompanies them.
- There is no direct lifeguard supervision in the wading pool area. An adult wearing a swim suit must accompany children using the wading pool. The 1 adult per 3 children ratio applies in the wading pool. **People in street clothes cannot sit in the wading pool area.**
- Towels are not allowed to hang the kiddie pool railing
- Use of wading pool by other older siblings at the discretion of the Lifeguard.

Rules specific to lap swim

- This is a fitness time. It is not a recreation swim. Participants must be capable of swimming laps to be in the pool during lap times.
- Diving boards are off limits. Horseplay is not allowed.
- Space may be limited when swimming lessons share the pool.
- Lap swimmers must circle swim once swimming sections are full. Lifeguard on duty will redirect lane use.