

SWIMMERS' RESPONSIBILITIES

GENERAL POOL RULES

- Pool deck, locker room floors and nearby hallways may be wet and slippery; please walk.
- All persons on the pool deck and/or swimming are required to wear proper swim attire. Swimwear with exposed zippers, buckles, rivets, or metal lamination are prohibited. Rubber pants or swim suits must be worn over swim diapers. Swim diapers are available for purchase.
- Children ages eight (8) and under must be accompanied and actively supervised in the water by a parent, guardian, or if authorized by a parent/guardian, another individual of sixteen (16) years of age or older, while using the pool. This person may supervise up to three (3) children under the age of nine (9), ensuring their safety and well-being in the water.
- Children age six (6) and up must use their respective locker rooms. Private changing rooms are available.
- Please refrain from bringing bags and personal items other than swimming equipment into the pool area. Lockers are available free of charge. Virginia Beach Parks and Recreation is not responsible for lost, damaged, or stolen items.
- Children, including those in infant seats, strollers, etc. must be immediately supervised by a responsible person at all times.
- Follow the Lifeguard's instructions:
 - One (1) long blast of whistle - clear pool immediately
 - One (1) short blast of whistle - to get the attention of a patron
 - Three (3) short blasts of whistle - rescue in progress
- Courteous conduct is expected from all those using the facility. Loitering, disruptive language or behaviors (such as horseplay, profanity, and language or behavior that is profane, vulgar, sexual, disrespectful or threatening) are prohibited. Unsafe or disruptive behavior in or around the pool area that may pose a risk to oneself or others is prohibited.
- During thunderstorms, pool areas and sprayground must be cleared if the time between seeing a flash of lightning and hearing the corresponding thunder is less than thirty (30) seconds. The pool area will reopen thirty (30) minutes after the storm clears.
- Only Virginia Beach Parks and Recreation employees are permitted to provide private instruction in the recreation center.

LAP SWIMMING

- Lap swimmers must be deep water safe and able to swim at least one lap or two lengths of the pool.
- Lanes are categorized according to speed. Please swim in the lane best suited to your ability and the ability of others at that particular time.
- Circle swim is the established lap pattern and must be followed. Pass with caution.
- During lap swim only, users under twelve (12) years must be supervised in the water by an adult participating in lap swim.
- Swimmers are asked not to impede the progress of others.
- Kickboards and pull buoys are for lap swimming use only.

WATER SAFETY

- All persons are expected to shower before entering the pool. Stay out of the water if you are sick. Take regular bathroom breaks. Don't drink, spit, or swallow the water.
- Use lane lines and lifelines only in an emergency.
- For your personal safety, hyperventilation, extended underwater swimming or breath holding is prohibited.
- Feet-first entries only in water less than 5 feet deep. No diving, flips, twists, or backward entries from the pool deck. Diving permitted only in designated areas with a minimum depth of 9 feet. Running dives or diving through objects is not permitted.
- Use of mermaid tails are prohibited for safety reasons.
- Personal flotation devices must be Coast Guard approved. Life jackets are provided for your convenience. Persons using approved flotation devices must be closely supervised and remain in shallow water.
- Please adhere to amenity-specific rules and follow the instructions of Aquatics Staff at all times.
 - AquaTrack - Direction of travel is notated on pool schedules and will be adhered to during specified timeframes. Please enter and exit from established entrances. Do not stop, hang on walls, climb, sit or stand on the islands or divider walls.
 - Slides - one (1) rider at a time, feet-first, sit down or lay on back, rider is to exit immediately. Follow manufacturer guidance for age, weight, and height requirements.

DEEP WATER RULES

- Persons must be able to swim without assistance or use of flotation devices when using deep water, climbing walls, or diving. If a person's swimming ability is in doubt, then the person will be asked to perform and satisfactorily complete the following swim test without goggles consecutively:
 - a. Jump into deep water from end of the pool;
 - b. Surface, tread water for twenty (20) seconds and then level off on front;
 - c. Swim on front (non-stop) to the lifeline under control while using a rhythmic breathing pattern.
- Parents are prohibited from catching their children off the diving board or the side of the deep end area.
- Goggles, facemasks, and life jackets are prohibited while using diving board, slide or climbing wall.
- One (1) person on the diving board, slide or climbing wall at a time.
- Only one (1) bounce is permitted on the diving board.
- Jump/dive directly off the end of the diving board.
- Persons are prohibited from swimming under the lifeline after using the climbing wall, diving board or slide. Please swim directly to the nearest ladder and promptly climb out.
- Use of the diving board, slide and climbing wall takes precedence over open swim in the deep end.