

SEVEN HILLS SWIM & TENNIS CLUB

POOL RULES & INFORMATION

(Revised 2016)

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The mission of the Seven Hills Swim and Tennis Club Aquatic Staff is to provide a safe, clean, fun, and family-friendly aquatic environment for the members of Seven Hills and their guests.

Thank you for respecting these regulations and the staff who enforce them. This is an abbreviated version of the rules that the lifeguards will be enforcing to keep our facility safe. To see the extended version, please see a member of the pool management team. Also, if you have any questions or concerns regarding these rules, please contact us at your convenience.

***Pool and Clubhouse Hours:**

Sunday:	1:00 - 8:00
Monday - Thursday:	10:30 - 8:00
Friday:	10:30 - 9:30
Saturday:	10:00 - 8:00

*Pool closes 15 minutes earlier than the above clubhouse closing times.

*Pool will be closed for home swim/dive meets. See club calendar for dates.

The rules we enforce at our club are for the safety and consideration of all members and guests. Lifeguards/Staff are to enforce them diligently and always err on the side of caution.

Pool/Clubhouse Rules & Information:

***All members/guests must follow instructions from lifeguards, managers, or other Seven Hills staff at all times.**

*Always walk. No running on pool deck or inside clubhouse.

*No glass or breakable containers are allowed anywhere in the pool area or clubhouse (with the exception of non-swimming parties held inside the clubhouse).

*Diving is only allowed in the diving well and at tennis side of pool. Please note "No Diving" symbols on pool tiles.

*A parent or appropriate guardian must be in the pool and within arm's reach of any child who is a weak swimmer, including those using flotation devices.

*Children six years old and younger and all non-swimmers must be accompanied by an adult at all times. *Children six years and younger are only allowed in the main pool with an adult in the pool within arm's reach.*

*Breath-holding games are not allowed.

*Flips, back dives, backwards jumps, spins, cartwheels, or other dangerous moves are not allowed from the side of the pool. Tricks and specialty dives will only be allowed off of the diving boards at the lifeguard's discretion.

*Parents/guardians must immediately notify the manager on duty if a child vomits or has a bowel movement (even if a swim diaper is worn) in either pool or on surrounding deck areas.

*Staff will suspend swimming due to threats of weather and in heavy rain. All patrons must clear pool when thunder is heard and clear the pool/deck when lightning is seen. This regulation is given by the American Red Cross Lifeguarding course, under which our pool staff is trained and certified.

*Excessive horseplay is not allowed in or around pool or inside clubhouse. No chicken fights.

*Please be considerate of those with dangerous food allergies. The eating area by the Snack Bar is a Nut-Free area.

*Gum is not allowed.

*Drinks are allowed at chairs, but not in pools or around sides of pools/ pool deck.

*Wet swim suits are not allowed in the clubhouse. The floors are very slippery when wet.

*Toys should be designed specifically for pool use and are at the discretion of the lifeguards.

*Lap lanes are for lap swimming and swim lessons only. No hanging/sitting on lane ropes.

*All members and guests must sign in at the front desk upon arrival. Members must accompany their guests.

Diving Board/Well Rules & Information:

*Inappropriate use of the diving well area may result in serious injury. Please familiarize yourself with the changing water depths and slope of the diving well bottom before diving, and use caution at all times.

*Boards may be closed at certain times to allow for dive team practice or deep-water games.

*Swimming is not permitted in the diving well while the boards are in use.

*Only one person is allowed on any part of the diving board at a time. This includes ladders.

*Stay on the ground until the person in front of you jumps. Stay at the railing until the person in front of you is out of the pool. Be sure the area is clear before jumping.

*Only one bounce is allowed on either board.

*All dives/jumps must be made off the front end of the boards and not to either side.

*Swimmers must exit the pool at the closest ladder after diving. Do not swim across the well to the opposite ladder.

*No flotation devices, goggles, or other equipment may be used while going off the boards.

*Divers must have strong swimming skills. Weak swimmers should not enter the diving well.

*Except in an emergency, do not sit or hang on lifeline or lane ropes.

*No one is allowed to catch a child jumping off either board. Only Seven Hills' swim instructors/coaches may be in the water to assist a child after jumping off the low board.

Note- For parents interested in working with young swimmers on the boards, please contact a manager to discuss options.

Rainy Day Policy:

*If inclement weather persists for the majority of the day, leaving little opportunity for swimming, the pool **and** clubhouse will close **no later than** 6 pm on Saturday through Thursday, and **no later than** 7 pm on Friday. We may close earlier than these times.

*In inclement weather, please call the pool office for early closing information and be prepared to make arrangements for your children to be picked up prior to closing times.

Baby Pool/Playground Rules & Information:

*No lifeguards are on duty for the baby pool or playground areas. Parents/Guardians are responsible at all times.

*For any child age 6 or younger, parents/guardians must be present inside the baby pool gated area and children must be **actively watched** in these areas **at all times**.

*The baby pool is reserved for children ages six and under.

*A parent or appropriate guardian must be in the pool and within arm's reach of any child in the baby pool, including those using flotation devices.

*Swim diapers are required for all infants and toddlers who are not yet toilet-trained. Swim diapers of all sizes are available for purchase at the front desk. Cost: \$1 each.

*Parents/Guardians must immediately notify the manager on duty if a child vomits or has a bowel movement (even if a swim diaper is worn) in either pool or on surrounding deck areas.

*Please do not change diapers on the pool deck. Changing stations are in both lower level restrooms in the clubhouse.

Policy Regarding Children Left at the Club:

***Parents are always responsible for the safety of their children.**

*A parent or appropriate guardian must **actively** supervise weak swimmers of all ages at the pool **at all times**.

*Children ages 10 and older may be left unattended only if they have strong swimming skills and have passed a swim test with the pool manager. Documentation of swim test will be kept on file. We strongly recommend a buddy system for any child left unattended. Children should never be left to swim alone.

*Strong swimmers, ages 8 or 9, must have a parent check them in at the front desk and notify the pool manager that the child has passed the swim test and will be staying unaccompanied at the pool. Parent must stay on Seven Hills grounds. The pool manager on duty must be notified in order to administer a swimming skills test.

*Children ages 6 and under, and weak swimmers of any age, must be **actively supervised** by a parent or appropriate guardian **at all times**. No exceptions.

*Families must fill out a **new** Family Information Form at the front desk each year. Be sure to leave an emergency telephone number each time children are left unattended at the pool.

*Pool managers reserve the right to require any child to pass a swim test before being left unsupervised.

*Swim and Dive team members who stay to play after practice must follow these guidelines. We ask that you sign in at the front desk when practice is over and the pool is open.

Alcohol/Smoking:

*Seven Hills does not provide or serve alcoholic beverages of any kind.

*If you are of legal age, and choose to drink alcoholic beverages, please remember the following:

- No glass containers are allowed.
- Be respectful of others, including members/guests who do not choose to drink.
- Drink only in moderation, and do so discreetly. Please take home any empty containers.
- No drinks of any kind are allowed within 6 feet of either pool.
- Never leave alcoholic beverages unattended and always keep them out of reach of children.
- Managers reserve the right to ask any intoxicated patron to exit the property. Cab services will be called at the discretion of the manager.

*Adults (18 and older) no smoking is allowed on Seven Hills property.

Zero Tolerance:

Any individual member or guest will be barred from the club for the remainder of the year when any of the following offenses are committed. No refund or rebate of dues will be given.

*Possession or use of any weapon on club property (law enforcement officials are exempt);

*Physical or sexual battery of any person anywhere on club property;

*Possession, use, selling, distribution or delivery of any manner of illegal controlled substances;

*Underage possession or use of alcohol;

*Other offenses affecting the health, safety or security of other members or guests.

*Members and guests are strongly encouraged to report any information they may have concerning a violation of the Zero Tolerance Policy.