

CHANDALAR SWIM CLUB

Handbook

GENERAL

1. The Lifeguard is in charge at all times and has full authority to enforce all rules, both written and unwritten.
2. No glass containers are allowed inside the pool area. Any adult/alcoholic beverage should be in a koozie/hugger.
3. No pets (or any animals) are allowed in the enclosure except for guide dogs for the physically impaired.
4. Horseplay, such as running, pushing, dunking, or excessive splashing is strictly prohibited. Any activity, which, in the sole discretion of the lifeguard, is deemed inappropriate, is prohibited.
5. Shower before entering the pool.
6. Admission to the pool may be refused to anyone with infectious disease, sores or rashes.
7. **Profanity, improper behavior, or vulgar remarks are strictly forbidden.**
8. Children are required to be at least ten (10) years of age and able to pass a swim test before they are allowed admission to the pool without an adult or baby-sitter.
*****Emergency phone numbers where parents can be reached must be on file with the lifeguards before a child can come to the pool unattended. At the discretion of the lifeguards, or the Board, a child may not be allowed admission to the pool unattended by a parent or guardian, regardless of age.*****
9. Flotation devices for children (such as arm floats) are not safety devices. Adult supervision is required to ensure the safety of children using these devices. A child wearing a flotation device may not use the diving board unless an adult is in the diving well to assist the child.
10. Lifeguards may prohibit the use of recreational floats when the pool is crowded.
11. Calling for “help” when not in need of help is strictly forbidden. Infraction of this rule will result in removal from the pool for a period of no less than two hours, and may be longer at the discretion of the lifeguard.

12. Lifeguard stands/chairs are to be off limits to everyone except the lifeguards. Lifeguards should not be distracted while on the stand/chair unless absolutely necessary. Lifeguards are not to accept personal phone calls, unless there is an emergency, while on the stand. All chairs, recliners, and/or anyone laying on the deck should be behind the lifeguard stand, at least five to ten feet away from the stand. **The lifeguard is there for no other reason but the safety of our members.** Remember, it is their job, not a summer leisure activity.
13. Diving is permitted only in water more than five (5) feet deep. No running starts on dives and no cartwheels, or other stunts, before entering the water.
14. “Adult Swim” (may be referred to as “Break”) will be called once each hour for fifteen minutes, always beginning 45 minutes after the hour. Only people sixteen (16) years and older are allowed in the pool during adult swim. Adults may have infants in the pool under their supervision during Adult Swim. This Adult Swim period will be called each hour regardless of the time that the pool has been available for general swim. As soon as the whistle is blown, any swimmer under the age of 16 should *immediately* leave the pool. The lifeguard will not call an end to Adult Swim until 15 minutes after the last person leaves the pool at the beginning of Adult Swim. ***Children should not sit on the side of the pool, the diving board or on the steps/ ladders as the lifeguard is not watching the pool during “Adult Swim/Break.”***
15. Facilities other than the pool itself, e.g. play equipment, volleyball court, are not monitored, and **guests use of those facilities is at their own risk.**
16. Lifeguards have the authority to modify rules for the purpose of ensuring safety, and must be obeyed at all times. Disobedience or disregard of a lifeguard’s instructions will result in immediate removal from the pool for a period of at least two hours.

DIVING WELL

17. Only one person at a time on the diving board.
18. The diving board should be mounted from the rear.
19. Boisterous play is NOT allowed on the diving board.
20. Only one bounce on the diving board. There is a weight limit to the diving board. Caution should be used in any regard.
21. Dive straight off the front of the diving board. Diving or jumping from the side of the diving board is strictly prohibited.
22. After diving, swim directly to the ladder or the main pool area.

23. Always wait before diving until the previous diver has either swum to the ladder or has exited the diving well into the pool area.
24. Flippers, masks, tubes, balls and other play equipment are not allowed on the diving board or in the diving area.
25. Do not hang on the diving board; perform a handstand or a cartwheel on the board. Do not hang on the marker / floatation ropes that separate the diving well from the main pool.
26. Non-swimmers may not enter the deep area.
27. A child wearing a floatation device may not use the diving board unless an adult is in the diving well to assist the child.
28. Parents or guardians are responsible for their children at all times. Lifeguards are present for rules enforcement and safety.
29. SWIM AT YOUR OWN RISK, especially if no lifeguard on duty.
30. Swimming in the diving well is allowed only if the lifeguard closes the diving board and opens the diving well for swimming.

EATING AND DRINKING

31. The refrigerator is for everyone's use. Please take home whatever you brought at the end of each day; however, if items are left in the refrigerator for use within the next few days, please make sure it is properly labeled with your name and to use only the items you brought or have permission to use. Items left in the refrigerator for several days will be discarded on a weekly basis. Popsicle ices are usually kept in the freezer for general use.
32. Alcoholic beverages are permitted (must be only in cans or plastic containers, covered with a hugger/koozie) at poolside. Glass containers are not allowed inside pool area. Alabama law prohibits the use of alcohol by persons less than 21 years of age. The lifeguard has the right to ask for identification in order to enforce this rule. Under age persons violating this rule will be asked to leave the pool for the remainder of the day.
33. Littering is prohibited. There are numerous trashcans around the pool, please keep the area clean.

VISITORS

- 34. A fee of \$5.00 per day should be paid for each visitor. Members are required to sign-in each visitor on the Visitor Log and introduce visitors to the lifeguard, only during “Adult Swim/Break” when the lifeguard is not on the stand.**
35. Visitors who reside in the Pelham area, as defined by the Board of Directors, are permitted no more than three visits to the pool, and must pay the guest fee.
36. Families interested in joining the swim and tennis club are permitted one weekend or one weekday visit at no charge. These visitors should identify themselves to the lifeguard.

PARTIES (See Party Policy for complete details)

37. Members are allowed to conduct private parties at the pool. All parties are scheduled on a first come basis, there can only be one party at a time. The Events Coordinator must approve all scheduling of parties.
38. All parties will be conducted after normal pool hours. Preparations for the party may begin one hour before closing. Guests are not permitted until closing. All parties should end no later than eleven o’clock p.m. but must end no later than midnight. Check with the Events Coordinator for lifeguard requirements and fees.

BABY-SITTERS

39. A baby-sitter is defined as a person at least sixteen (16) years of age that is not a parent or sibling who has the parents’ permission to bring their children to the pool. In order for a baby-sitter to be allowed to escort children to the pool, a permission slip **must** be completed.
40. The baby-sitter should stay with the children at all times. There is no visitor fee for the baby-sitter when in attendance with the children. The name of the baby-sitter should be included on the membership registration form.

General Rules provided by the Shelby County Health Department