

## **Rinconada Pool Rules**

- No swimming allowed unless a lifeguard is on duty.
- All swimmers must wear the appropriate wristband in open swim areas.
- To swim in deep water, swimmers must have a green wristband or be within arms reach of a responsible person who is fifteen (15) years old or older.
- Children ages thirteen (13) and under must be supervised by an adult at all times while at the pool facility.
- Children five (5) years and under must have a responsible person fifteen (15) years old or older in the pool, within arm's reach at all times.
- Roughhousing, shoving, and dunking are not allowed. No pushing or pulling into the pool, hitting with noodles or other objects.
- No spins, flips, belly flops, back dives, or back jumps.
- No long breath holding, hyperventilating, or extended underwater swimming is allowed.
- No playing, swinging, jumping, or diving on stairs, ladders, or railings.
- No diving into the Instructional Pool. Jump in feet first, facing forward only.
- Water wings and other inflatable devices are not allowed. Only Coast Guard approved flotation devices are permissible and must be provided by the patron.
- Non-toilet trained children must adhere to the double diaper policy. They must wear a water-proof diaper and a diaper cover; a swim suit over the diaper counts as a diaper cover.
- Swimmers must wear proper swim attire at all times.
- No glass or ceramic containers are allowed anywhere in the facility.
- No running or skipping on deck. Walk at all times to avoid accidents.

- No unauthorized swim lessons or coaching.
- Please do not visit with or distract the lifeguards. If you have questions, inquire inside at the Front Desk.
- Only lifeguards who are properly trained are allowed on lifeguard chairs.
- No sitting on, pushing down, or swimming over lane lines.
- Kickboards, pull buoys and fins provided by Palo Alto Swim and Sport are for lap swimming only. They are not allowed in open swim areas. A mermaid tail is a fin and not allowed.
- Starting blocks are for use by competitive programs only when directly supervised by a qualified coach.
- No smoking (including electronic cigarettes), alcohol, nor drugs allowed in the facility.
- No food or drink on the pool deck. Eating is permitted at tables, benches and grassy areas.
- Bicycles, skateboards, in-line skates, scooters and other vehicles are not allowed to be operated in the pool area and must be walked while on deck.
- No dogs or other pets are allowed in the facility except service animals.
- Persons currently having active diarrhea or who have had active diarrhea within the previous 14 days shall not be allowed to enter the pool water.
- Changing clothes on deck is not allowed.
- In the event of an emergency, follow directions from the staff.
- Any action or behavior that is deemed unsafe or inappropriate by the aquatics staff will not be allowed. All aquatics staff have full authority over guests using the pool area and as situations warrant, they may enforce rules not listed.

- The Pool Manager on Duty may close the entire pool complex or any portion(s) of the pool complex, for any safety or maintenance reason.
- Please respect the rights of others to feel safe and secure.
- Please refrain from using profanity or offensive language, loud conversations or music, inappropriate public display of affection, or any other disruptive behavior
- Admission price is for one entry only. No in and out privileges.
- Palo Alto Swim and Sport, Team Sheeper, Inc. and City of Palo Alto are not responsible for any lost or stolen personal items and assume no liability for the loss or theft of a patron's personal belongings.
- Lockers are provided to secure personal belongings. They are for day use only and will be emptied at the end of the day.

### **Facility**

- Locker rooms will close 15 minutes after the pool closes.
- Emergency doors are to remain closed and be used in case of emergency only.
- Emergency doors, facility doors, storage areas, and safety equipment are not to be blocked by guests or objects.
- Please dispose of all trash in receptacles provided.
- Restrooms and locker rooms may not be used for loitering or other unintended uses. Cell phone use in locker rooms is strictly prohibited.
- Offices and areas marked as "Employees Only" are not for use by the general public unless approved by staff.

### **Program**

- Program registration is specific to each program and does not include open swim or lap swim before or after the program.
- Only participants who are registered for a class or program may attend.
- Siblings of a participant may not join any class or program without registering.

- During a class or registered program, parents must wait in designated areas. Please respect the instructors, counselors, or coaches, as well as the other participants of the class by avoiding any interruptions.
- Participants and parents must follow all specific class and program policies unless otherwise specified.
- For programs that require parents to sign in and out their children, ONLY a parent or designated guardian (over 18 years old) will be allowed to pick up and/or drop off the child unless otherwise communicated with staff.

### **Diving Board**

- Diving boards are for Open Swim use only.
- Only one person on the board at a time.
- Second person in line must have both feet on the cement waiting their turn. They may not start their dive until the previous diver has cleared the cone zone.
- The dive must be face front and forward off the board. No side or back or spin jumps.
- One bounce only.
- When resurfacing after the dive, the diver must return to the wall immediately but 8 feet away from the board (on the other side of the cone). The right board divers exit to the right and from the left board divers exit to the left.
- Ladders are to remain clear unless being used to exit/enter the pool.

### **Slide**

- Slide may be used ONLY when a lifeguard is standing next to it.
- Slide is for children's use who are shorter than the height of the slide.
- Slides are to be done sitting down only; no standing nor belly slides.
- Second person in line must wait with both feet on the cement.
- After completing a slide, the slider must clear the slide drop area immediately.
- A swimmer may exit the pool near the slide with a three tile clearance of the slide.
- The pool ladders may be used for entering and exiting the pool only. No standing on the railing.

### **Ramp**

- The ADA ramp is for use by physically challenged swimmers only. The railing in this area is to have five feet of clearance at all times.

**Thank you for helping keep our swimming pool safe and enjoyable for everyone!**

Revised 3/2025