



Longfellow Health Clubs
Healthy Mind Body Planet

POOL RULES

GENERAL POOL RULES:

- Enter the pool or hot tub **ONLY** when a lifeguard is on duty.
- Shower before entering the water (state law).
- No glass, gum, alcohol, or smoking in the pool area.
- No running on the pool deck.
- Aggressive behavior is not tolerated; this includes: rough play, noodle slapping, pushing, shoulder sitting, body throwing, splashing, spitting, or spraying anyone while in the pool area.
- No barbells, hardballs, water pistols/soakers, inflatables or arm floaties.
- Noodles and balls are allowed **ONLY** at lifeguard's discretion.
- Children ages 13 years old and under must be supervised in the pool area by an adult over 18 years old at all times.
- Free swimming is limited when lessons, swim team or camp are happening.
- Kick-boards and barbells are for lessons, water therapy, and lap swim only.
- Only Longfellow staff may administer swim lessons.

GARMENTS:

- No street clothes in the pool/hot tub. Bathing apparel only.
- All children under the age of 4, even if they are potty trained, will be required to wear snug protective layers when using the pool.
 - Option one: Children may wear a snug fitting Happy Nappy™ as a single layer.
 - Option two: Children may wear a snug fitting rubber disposable swim diaper under a non-disposable swim diaper or two snug fitting non-disposable diapers. These layers must be worn under a bathing suit.
 - Snug fitting protective layers will need to pass the two-finger test. If two fingers can fit under the elastic in the legs and waist, the layer is too large.
 - Students who have a repeated accident in the pool may be required to wear special protective layers, such as adult sized rubber pants, regardless of age.
 - If a child is not wearing the appropriate snugly fit attire, they will be asked to exit the pool.

FLOTATION DEVICES:

- Children wearing flotation devices must stay in the shallow end of the pool. (4 ft marker or less) There must always be an adult present within arm's reach in the pool.
- No inflatable flotation devices - we prefer bubbles or life jackets for safety compared to using puddle jumpers.
- Non-swimmers may not use noodles as a flotation device.

HOT TUB:

- Children ages 3 and under, and anyone in diapers are **NOT ALLOWED**.
- Children ages 4 to 8 are allowed for **5 MINUTES ONLY**
- The Board of Health requires that children under the age of 16 need to be always supervised by a designated adult while in the hot tub.
- Please do not sit on the hot tub stairs, people need the steps to enter.
- No swimming, jumping or inappropriate behavior while in the hot tub.
- If you are pregnant, consult a doctor prior to using a hot tub or spas.

DIVING INTO THE POOL:

- Diving is **ONLY** allowed off the back wall or diving board.
- All jumps and dives must be forward. No twists, somersaults, or handstands.
- Do not use or hang off of the diving blocks.
- No running and jumping into the pool
- One person may jump at a time - no holding hands.

SUMMER ONLY:

- **Splash Pad**
 - No running or horseplay on the splash pad. Climbing or sitting on the fixtures is prohibited.
 - No drinking or spitting water. The water is recirculated.
- **Adult swim**
 - Called 10 minutes before the hour, for 10 minutes. No one under the age of 18 is allowed in the pool.
 - Parents with infants under 2 are allowed in at this time.



HOT TUB WARNINGS

Per 105 CMR 435.22(3)

- Elderly persons, pregnant women and persons with from heart disease, diabetes, high or low blood pressure should not use this pool until they consult with their physician.
- Do not use while under the influence of alcohol, anticoagulants, anti-histamines, vasoconstrictors, vasodilators, stimulants, hypnotic, narcotics, or tranquilizers.
- Observe a reasonable time limit 10 minutes, then shower, cool down and, if you wish, return for another brief stay. Long exposure may result in nausea, dizziness, or fainting. Do not use when water temperature is greater than 104°F.
- Do not use when alone.
- The use of oils and body lotion by bathers is prohibited.
- All bathers are required to take a long cleansing shower before entering the pool.
- No person with a communicable disease is allowed to use the pool.

LONGFELLOW RULES:

- Children under the age of 4 and any children in diapers are not allowed in the hot tub at any time.
- Children ages 4-9 are allowed in the hot tub for a maximum of 5 minutes.
- No toys allowed in the hot tub.
- Keep you head above water at all times.
- No swimming in the hot tub.
- No sitting on the steps - they are for entering and exiting only.



LAP LANE RULES

- Be courteous of other swimmers and share the lane with others. Make sure you stay to one side of the lane, and do not swim down the middle of the lane when sharing.
- If there are two swimmers in the lane you may split the lane. If there are three or more in a lane you must circle swim.
- Politely notify everyone in the lane before entering the lane. Jumping in the lane without telling everyone can cause collisions and injury.
- Be courteous when passing a slower swimmer a quick thank you goes a long way when making passes around slower swimmers. The wall is the best place to make the pass, but in the event you cannot pass at the wall, a gentle tap on the feet of the swimmer in front of you will let them know you are looking to pass.
- The faster swimmer always has the right of way. This is especially true on turns, if you know that a faster swimmer is making their way up from behind you please take a moment and let them pass at the wall or move over closer to the lane line. When resting at the wall please move to the outside of the lane so that swimmers can still make their turn. Be aware when starting your swim again to, let the faster swimmer go first.
- Children must be competent lap swimmers to use the lane. Also, children under the age of 16 may use the lap lanes if the lanes are occupied. If an adult is waiting to use a lane occupied by a child, the lifeguard staff will ask the child to vacate the lane.
- Lap lanes are for lap swim only. Water exercise and unsanctioned swim lessons are prohibited in the lap lanes.
- Do not hang or climb over the lane lines as doing so it may cause them to break if you need to cut across the lane go under the lane line and do so carefully as to not disturb other swimmers in adjacent lanes.