



Pool Rules & Regulations

1. Swimming is permitted only while lifeguards are present and on duty.
2. Children under 10 years of age must be accompanied by an adult 18 years of age or over.
3. All children who are not toilet-trained must have a swim diaper and a bathing suit and/or plastic pants.
4. Running, rough play, horseplay, dunking and/or throwing children is not allowed. Inappropriate language will not be tolerated.
5. Excessive breath holding and breath holding games are prohibited.
6. Before entering the pool, patrons must shower with soap and rinse.
7. Glass containers, food, drinks, gum, animals, tobacco products, alcohol, drugs and firearms are prohibited from NORDC pool decks and locker rooms.
8. Children less than 4 ft. tall must be accompanied by parent, guardian or instructor **IN THE WATER**, unless swimmer has demonstrated he/she could pass a deep end test each time the child attends the pool.
9. Persons with rashes, open wounds or sores are not allowed in the water.
10. Appropriate swim attire is required: lined swim suits and trunks only. (No jeans or cut offs.)
11. No climbing, hanging, or tampering with lane lines, lifeguard or facility equipment.
12. Only one person on a ladder at a time.
13. Lifeguards must approve all toys and flotation devices – SCUBA and other large equipment is prohibited.
14. Diving is only allowed in designated areas. Flips, twists and backwards jumps are not allowed.
15. NORDC is not responsible for any lost or stolen items.
16. Lightning Policy – The pool will require immediate closure of all pools in the event that lightning or thunder is present in or around the area. The pools will remain closed until 30 minutes past the last visible lightning strike or episode of thunder. The 30 minutes reset if additional lightning or thunder is seen or heard.
17. The lifeguard is the authority in the pool and locker rooms. Failure to comply with the rules may result in dismissal from the pool and locker room areas.
18. Jewelry should not be worn in the pool.