



1. Swimming is permitted only while lifeguards are present and on duty.
2. Children 10 years old and younger must be accompanied by an adult 18 years of age or older.
3. All children who are not toilet-trained must wear a swim diaper, a bathing suit and/or plastic pants.
4. Running, rough play, horseplay, dunking and/or throwing children is not allowed. Inappropriate language is prohibited.
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 pool decks and locker rooms.
8. Children 48 inches and under are not allowed to enter pools without one-on-one adult supervision and must be accompanied by an adult (18 years and older) at all times.
9. Persons with rashes, open wounds or sores are not allowed in the water.
10. Lined swimsuits or bathing suits are required to enter the water. No cut-offs, jean shorts, or clothing other than swimming attire is permitted. Gym shorts, sports bras, and under clothing are not proper swim attire. A t-shirt and/or shorts made from nylon, rayon, or polyester may be worn over a bathing suit while in the water. Cotton clothing is not allowed in the pool.
11. Diving, flips, twists and backwards jumps are not allowed.
12. Only one person is allowed on a ladder at a time.
13. No climbing, hanging, or tampering with lane lines, lifeguard or facility equipment.
14. Lifeguards must approve all toys and flotation devices – SCUBA and other large equipment is prohibited. All lifejackets must be clearly labeled as Type II or Type III U.S. Coast Guard Approved. It is highly recommended that all non-swimming children wear life jackets while in the pool area.
15. NORDC is not responsible for any lost or stolen items.

16. The pool will be closed immediately if lightning or thunder is present in or around the area. The pool will remain closed until 30 minutes past the last visible lightning strike or episode of thunder.

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 is not to be worn in the pool.

Pool Rules For everyone's enjoyment, health, safety, and protection, we ask our guests to observe the following rules.

#### PARENT/GUARDIAN TIPS FOR SWIM LESSONS

1. Long hair must be tied back or secured with a swim cap.
2. All swimming suits are to fit properly.
3. Parent or guardian **MUST** be in the locker room with all children ages 10 and younger to supervise them.
4. The parent viewing area differs from facility to facility. Please sit in the designated areas only.