

# LARKSPUR

- SWIM & RACQUET -

## **Pool Rules and Regulations**

We are a family association, and as members of one big family everyone should strive to respect the rights and privileges of one another. These rules, therefore, do not attempt to instruct our members in matters of normal respectful and responsible conduct, but are intended to secure the maximum safety and enjoyment of our facilities. Courtesy and common sense are to be used by everyone.

1. All membership fees, annual dues and charges must be fully paid as specified by the board of directors prior to using the facilities.
2. Each person shall use the facilities at his or her own risk and in conformance with these rules.
3. Verification of membership will be required upon admission.
4. The entire facility is under the direct supervision of the pool manager and his/her lifeguard staff, who are overseen by the board of directors to strictly enforce these rules and regulations. Any person may be recommended for suspension from use of the facilities for violation(s) of the rules and regulations at the discretion of the manager. The manager must notify a member of the board of directors within 24 hours of the violation. Members are expected to cooperate and abide by the board's decision.
5. The club will not be responsible for loss or damage to personal property of members.
6. Damage to club property by members or their guests will be charged to the responsible member.
7. All ABC rules and regulations will be adhered to including the prohibition of consumption of alcoholic beverages by minors. No weapons are allowed on the club property. No glass containers of any kind are allowed on the pool deck.
8. We have a designated smoking area away from the pool deck near the tennis courts for those who need to smoke. Please dispose of your ashes in the proper container. In accordance with state law, smoking on any pool property is prohibited by individuals under the age of eighteen (18). Vaping not permitted anywhere on the pool deck or grounds.
9. No use of controlled or illegal substances in the pool area or on the property. No exceptions.

## **Hours of Operation**

The most current hours of operation will be listed on the website, [www.larkspurswim.com](http://www.larkspurswim.com). Members and guests should clear the pool deck upon closing as the swim team will be coming in immediately following. Hours of operations subject to change based on guard availability and home swim meets.

## **Extended Hours**

1. Pool facilities will be open from 5:00 p.m. to 8:00 p.m. on Friday nights for Family Night.
2. Pool facilities will be open after normal operating hours for special events.

## **Guests**

All guests of the pool should be signed in properly at the gate. There is a \$5 guest fee for each guest. Members should advise their guests of the rules and regulations of the club.

All guests of pool members are required to pay the \$5 guest fee whether they are swimming or not.

## **Children**

1. Children under 12 years of age must be accompanied by a parent or other responsible person at all times while at the pool facilities. Please be aware, should the pool be closed for any reason, all members present will be sent home. We make every effort to provide a safe social environment for your family; however, we do not provide babysitting service. A responsible person is defined as an adult member of the LSRC or a babysitter eighteen (18) years of age or older, who has accepted responsibility for the child and to whom the parent has delegated authority to enforce safety and conduct standards.
2. Children 12 and older may be admitted to the pool facilities without an accompanying parent or other responsible person after passing a pool test (see below). Children between the ages of 12-15 who have not passed a pool test may not be at the pool facilities without a parent or other responsible person.
3. Children sixteen and older may be admitted to the pool facilities without a parent or responsible person and without having to pass the swim test.
4. Parents must be in arms reach of non-swimming children or children wearing flotation devices. Any parent that does not adhere to these rules may be asked to leave or lose pool privileges.
5. Babies/Toddlers who are not potty trained must wear a swim diaper in the pool. Infants may use a small floatie that parents can set the child in as long as they are in arm's reach and touching the floatation device. Flotation devices should be USCG approved and not inflatable arm bands.

## **Pool Test/Swim Test**

Children, who are between the ages of twelve and fifteen, in order to earn unaccompanied access to the pool facilities, must be able to pass the swim test which consists of swimming 25 meters without stopping and ten seconds treading water in the deep end. This skill must be demonstrated to a lifeguard. Lifeguards may, at any time, require a child to demonstrate his or her ability to pass the pool test. Those who cannot pass the test may not be in the pool enclosure without a parent or other responsible person. This test is administered each year.

Anyone under the age of 12 must pass the swim test each year to swim in the diving well and use the diving board.

## **General Facility Rules**

1. The pool will be used only when lifeguards are on duty in the stands.
2. Members and guests are expected to respectfully adhere to the direction of the lifeguards.
3. Members and guests should not play around or sit under the guard stands at any time. This includes family members and friends of all employees.
4. The pool will be cleared in emergencies. The signal for clearing due to thunder and lightning will be one long blast of the lifeguard's whistle and the signal for other emergencies will be three short blasts of the lifeguard's whistle.
5. The pool manager or head lifeguard may close the pool for maintenance, health reasons, adverse weather, or for any reason they deem necessary for the health and safety of the members and guests.
6. Excessively loud, abusive or profane language or breach of peace will not be tolerated on the club premises.
7. Music is permitted but shall be set at a volume that will not disturb other members.
8. No pets of any kind are permitted on the club premises. (Service animals excluded)
9. Cups, wrappers and refuse must be placed in the trash receptacles provided. Courtesy and good housekeeping are expected of all members. No glass of any kind is allowed outside the clubhouse. Please use the recycle bins for cans.
10. Bicycles and scooters are to be parked in the designated area.(Please note-bike rack has been moved to the side of the building nearest the elementary school)
11. A minimum of one lap lane will be provided for those who wish to swim laps.
12. LSRC has a gas grill available daily to any member for cookouts. Proper clean up and shut off of the propane tank is required.
13. No underwater photography allowed on premises.
14. Diving is prohibited anywhere except the diving well.
15. Hanging on the lane lines or swimming over the lane lines is discouraged.
16. No fighting, rough housing, or horseplay permitted.

17. Lifeguards have the authority to sit a child out for a designated time following an infraction.
18. Bathing suits must be worn to enter the pool.
19. No use of floats or inner tubes except during family nights.
20. No running on the cement pool deck.
21. Standing on the deck furniture, picnic tables or other structures is not permitted.
22. No hanging on or swinging from the volleyball net.
23. Food must be kept at least 10 feet away from the edge of the pool.
24. All garbage should be disposed of in an appropriate container.
25. All members and guests are expected to exercise good judgment, common sense, and consideration of other members and staff.

### **Diving Board and Diving Area**

1. Non-swimmers are not allowed in the deep end of the pool. Lifeguards may conduct spot check swimming tests to determine an individual's ability to swim in the deep end of the pool.
2. No one shall swim in front of the diving board.
3. Diving board only to be used when the diving area is closed to swimming.
4. The diving board and diving area may be closed if there is not a guard on the stand over the diving well.
5. Only one person is allowed on the diving board at any time.
6. No one is allowed to hang from the diving board.
7. No excessive springing is allowed on the diving board.
8. Diving to the side of the diving board is not permitted.
9. No individuals with flotation devices are allowed on the diving board and in the diving well.

### **Health and Safety**

1. Larkspur Swim and Racquet Club will operate in compliance with all laws and requirements of the national, state, and local Public Health Departments. LSRC will follow all CDC guidelines.
2. Members and guests are encouraged to use the provided cleaning supplies to wipe down their tables and chairs before and after use.
3. Members are urged to have a medical check up and be attentive to their health during the swimming season. Those with bad colds or other contagious or infectious diseases shall not use the pool.
4. All personal injuries, regardless of severity, must be reported to the lifeguard on duty immediately. The lifeguard staff shall file an injury report.

### **Adult Swim**

1. Adult swim will be held every hour for a period of ten (10) minutes including family night. Adult swim shall begin at 50 minutes past the hour.
2. Adult swim shall be limited to those eighteen (18) years of age and older. Parents may take a child, two years of age or younger, with them in the pool.

### **Family Night**

Each Friday night from 5:00 p.m. to 8:00 p.m. is designated as family night. The following special rules shall apply during these times:

1. Flotation devices are permitted in the pool during family night (with approval from guards). Lifeguards may direct the removal of any device which is contrary to the safety or enjoyment of the majority of the members present.
2. Members are invited to bring guests to family night. A guest fee of \$5.00 per person will apply during these times, without visitation limits.
3. LSRC will supply a grill for cooking. Members are encouraged to bring dinner and cook at the club and enjoy a fun filled evening with their family. As a courtesy to others, please make every effort to keep our grills clean.