

LARKSPUR

- SWIM & RACQUET -

Pool Rules and Regulations 2023

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 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. Lifeguards are present to prevent and respond to emergencies. Parents and guardians are responsible for the supervision and behavior of their children.
5. The entire facility is under the direct supervision of the pool supervisor on duty 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.
6. The club will not be responsible for loss or damage to personal property of members.
7. Damage to club property by members or their guests will be charged to the responsible member.
8. All ABC rules and regulations will be adhered to including the prohibition of consumption of alcoholic beverages by minors. **No glass containers of any kind** are allowed on the pool deck.
9. No weapons are allowed on the club property.
10. We have a designated smoking area away from the pool deck near the tennis courts for those who smoke. Please dispose of your ashes/butts in the proper container. In accordance with state law, smoking on any pool property is prohibited by individuals under the age of twenty one (21). Use of marijuana is not permitted anywhere on the pool deck or grounds. No vaping is allowed on the pool deck or grounds.
11. No use of controlled or illegal substances in the pool area or on the property. No exceptions.
11. Larkspur Swim reserves the right to amend these rules or add new ones as necessary.

Hours of Operation

The most current hours of operation will be listed on the website, 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. Our general schedule will be:

Monday through Thursday 12pm-6pm
Friday, Saturday and Sunday 12pm-8pm

Guests

All guests of the pool should be signed in properly at the lifeguard table. There is a \$5 guest fee for each guest. Please see the [Birthday Party Reservation form](#) if you will have more than 5 guests. 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 16 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. **Please see swim test requirements below.**
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 flotation device. Flotation devices should be USCG approved. Inflatable arm bands are not approved.

Swim Tests

Advanced Swimmer/Diving Board Access

Children, who are between the ages of 12-15 (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, 30 seconds treading water in the deep end, and floating on the back for 10 seconds and exiting the pool unattended. 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. Upon passing the swim test, the member will earn a green necklace, kept for the whole season, to be worn when at the pool. This allows access to the

deep end and diving board. One replacement will be given at no charge. 2nd and future replacements will cost \$1.00 each. Those who cannot pass the test may not be in the pool area without a parent or other responsible person. This test is administered each year.

Beginning Swimmer

A beginning swimmer shall be defined as anyone who can not complete the following skill sequence: swim to the corner in the shallow end (approximately 15 meters), tread water for 10 seconds, float on the back for 5 seconds, and exit the pool using the ladder or edge. This skill must be demonstrated to a lifeguard. Lifeguards may require a child to demonstrate this at any time in order to be allowed in the water without a parent. Once the child has passed this swim test, they will be issued an orange necklace to be kept throughout the season and worn while at the pool. This will allow the child to be in the water between the shallow wall and the marked lifeguard stand without a parent. One replacement necklace will be issued at no charge. 2nd and future replacements will cost \$1.00 each. Those who cannot pass the test may not be in the water without a parent within arm's reach.

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. Flag stanchions are not for leaning on or hanging on.
5. 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.
6. 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.
7. Excessively loud, abusive or profane language or breach of peace will not be tolerated on the club premises.
8. Music is permitted but shall be set at a volume that will not disturb other members.
9. No pets of any kind are permitted on the club premises. (Service animals excluded)
10. 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 and plastic bottles.
11. Bicycles and scooters are to be parked in the designated area. (Please note-bike rack is on the side of the building nearest the elementary school)
12. A minimum of one lap lane will be provided for those who wish to swim laps. If there are multiple people, please circle swim and follow appropriate lap lane etiquette.
13. LSRC has a gas grill available daily to any member for cookouts. Proper clean up and shut off of the propane tank is required.
14. No underwater photography allowed on premises.
15. Diving is prohibited anywhere except the diving well.
16. Hanging on the lane lines or swimming over the lane lines is not allowed.
17. No fighting, rough housing, or horseplay.
18. Lifeguards have the authority to sit a child out for a designated time following an infraction. Lifeguards can also sit them out in other situations, i.e. appearing tired, misbehavior, etc.

19. Bathing suits must be worn to enter the pool.
20. No use of floats or inner tubes except during family nights and at the guards discretion.
21. No running on the cement pool deck.
22. Standing on the deck furniture, picnic tables, or other structures is not permitted.
23. No hanging on or swinging from the volleyball net.
24. Food must be kept at least 10 feet away from the edge of the pool.
25. All garbage should be disposed of in an appropriate container.
26. 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
2. Kids 12 & under must have passed the swim test and wear green necklace.
3. One swimmer on the board at a time
4. Wait until previous diver reaches the side
5. No hanging from the diving board
6. Only **ONE** bounce
7. Dive straight from the board, not to either side
8. No toys while using the diving board
9. **Only forward facing flips/dives permitted- NO** backflips, gainers, or inward dives or anything else deemed unsafe by the lifeguards.

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 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. If any member has a health issue that could pertain to their time at the pool, please let a board member or manager know so we can notate it (pacemaker, diabetic, etc)
3. All personal injuries, regardless of severity, must be reported to the lifeguard on duty immediately. The lifeguard staff shall file an injury report.
4. Any health condition (allergies, pacemaker, diabetes, etc) that you think the lifeguards should be aware of, please let a board member or lifeguard supervisor know.

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.
3. Parents, please help us by making sure your child knows when the lifeguards blow the whistle for adult swim to make their way out of the pool quickly. It is a perfect time for a snack break or to reapply sunscreen.

Family Night

Each Sunday 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.