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**Pool Rules**

·        Emergency procedures must be observed. Swimmers must leave the pool area immediately upon the signal or request of the lifeguard.

·        Food, drinks, and chewing gum are prohibited in the pool.

·        Proper swim attire is required. Street shorts are not permitted.

·        No street shoes in the pool area.

·        Any behaviour deemed unsafe by the lifeguards is prohibited.

·        Use of toys, water wings, floatation devices, masks, fins, snorkels, balls, and any other throwing or diving items are permitted under the inspection of lifeguards. PFDs are permitted and will be inspected by the lifeguards.

·        No back dives/jumps or twisting jumps are allowed off the side of the pool.

·        No boisterous play, pushing or horseplay.

·        Children who are not toilet trained are required to wear swim diapers.

·        Diving is only permitted in the deep end.

·        The ***Synergy Credit Union Aquatic Centre*** and its employees are not responsible for lost, stolen or damaged property. We advise patrons to use lockers (provide your own lock or locks are available for rent) but encourage you to leave valuables at home.

·        No person having a communicable disease or open sores on his/her body shall enter the pool.

·        Walk; don’t run in and around the deck/change rooms.

·        Children under the age of 6 must be within arm’s reach of someone who is 13 years of age or older with a maximum of two children per supervisor. This supervisor is responsible at all times for the children in their care while in this facility.

·        Swimmers must take a cleansing shower before and after using the pool.

·        No standing or sitting on others shoulders.

·        Sit or lay on mats.

·        Alcohol/drugs are prohibited on the premises.

·        Stay clear of diving board area.

·        Only one person on the diving board or slide at a time.

·        Ladders are used for entering and exiting the pool only.

·        No hanging on divider ropes.

·        To be able to go into the deep end, patrons must swim 3 widths of front crawl and be approved by a lifeguard.

·        No one is allowed on guard chairs except the guard.

·        The maximum swimmer load is 190. This includes all people in the pool area.