

Pool Party & Field Trip Rules

Rules

- ✓ **Running is not permitted:** Please remind children to walk to, from, and around the pool at all times
- ✓ **Supervision:** @ least 1 adult must be **IN** the water for every 10 kids swimming.
- ✓ **Swim Test:** Upon arrival, aquatics staff will review pool rules with all swimmers then an adult chaperone will escort swimmers to rinse off in our outdoor showers. All children shorter **than height stick (water's depth, i.e.: 4'11")** may check out a life jacket or take a swim test.
 - **Children 5 years old & younger:** must be accompanied by an adult **IN** the water. If guardian is unable to enter the water for any reason, they must remain at pool edge within arm's reach of child.
 - **Children ages 6+**
 - i. Children taller than height stick (4'11") may use the Rec Pool with adult on the pool deck.
 - ii. Children shorter than height stick (4'11") must pass a swim test or be accompanied by an adult **IN** the water (child must wear a lifejacket if the adult elects not to get in the water; field trips: children will wear a lifejacket unless there is a designated adult per each non-swimming child).
- ✓ **Attire:** Cotton clothing is not permitted (*lint/ fibers rub off and ruin pool filters*) and proper swim attire is required (**family friendly** bathing suit/ trunks, athletic shorts, rash guards, Dri-fit only). Children 3 & under must wear both a swim diaper and plastic pants.
- ✓ **Lifejackets:** A properly worn life jacket should be tight enough to keep the child's head above water comfortably and should not be used as flotation toys. Lifejackets may be checked out by the **blue** pool gates. Parents must stay in arms reach of child.
- ✓ **No Diving in pool headfirst:** The Recreational Pool does not have an area deep enough to safely dive headfirst. During open swim children can jump in the designated areas marked by cones on the East and West sides of the Recreational Pool. Lifeguards are responsible for monitoring and enforcing rules in these areas.
- ✓ **Water Toy Usage:** You are welcome to bring in your own small plastic toys and use with a guardian present. However, toys such as squirt guns, hard balls, & flotation devices such as rafts, and tubes are not allowed.
- ✓ **No Kickboards, Snorkels, or Fins:** Due to the increased volume of people in the pool **during field trips and parties**, these items offer up a potential hazard we would like to avoid.
- ✓ **Horseplay is not permitted:** Rough play in the pool puts younger or vulnerable children at risk. Please remember to be aware of your surroundings. Horseplay includes chicken fights, excessive splashing, pushing, riding on the back/ shoulders, dunking under water, or any other behaviors deemed unsafe by Lifeguards.
- ✓ **All General Rules Apply.** See sd.kroccenter.org/kroc-san-diego/policies for all Kroc Center rules.

- * **The Kroc Center strongly encourages 1 adult IN the water for every non-swimmer child.**
- * **Lifeguards may require a child to wear a lifejacket based on observed assessment of swim confidence/ safety.**