

# Dallas Aquatic Center Rules

These rules are subject to change without notice.

## General Pool Rules

1. No person may run on the deck.
2. Intentional splashing, dunking, throwing, or rough play of any kind is prohibited.
3. The appropriate number of lifeguards must be present and in their stations before swimmers are allowed to enter the pool. Maximum 40 swimmers to 1 lifeguard, or 6 youth to 1 lifeguard.
4. Appropriate swimming suits or clothing designated for pool use are required and must be free of exposed zippers, buckles, rivets, snaps, or other objects.
5. All swimmers must take a cleansing shower before entering the pool. This means babies, seniors, teens, adults, everyone. **NO EXCEPTIONS.**
6. Children 8 years and under must be accompanied in the facility by an adult.
7. Children 5 years and under must have an adult in the water with them at all times.
8. Glass containers, chewing gum, tobacco products are prohibited.
9. Food and beverages must stay in the food court area only.
10. Participants are to clear the pool when instructed by a lifeguard.
11. Participants cannot have strollers or other wheeled items on the deck. Exception wheelchairs.
12. Laser pointers and flashlights are prohibited from use.
13. No spitting or blowing nose in the gutters.
14. Persons with communicable diseases or infectious conditions such as; colds, open sores, eye infections, shall not be permitted into the pool.
15. Bandages or adhesive tape may not be allowed in the pool.
16. No toys from home, the Dallas Aquatic Center has toys, inner-tubes and other equipment that may be used under the lifeguard's discretion.
17. **All children needing a diaper change must be assisted in the locker rooms only and NOT on the pool deck. This is a STATE HEALTH LAW.**
18. Offensive language and gestures are prohibited.
19. PDA is okay so long as it is a friendly hug, or holding hands. Anything else is prohibited and should be done in private.
20. All water entries must be facing forward.
21. Absolutely no skates, scooters, skateboards, or bikes in the building.
22. No flotation devices from home (except Coast Guard approved floatation jackets). These include: floatation jackets, arm, and swimsuits with floatation devices in them. \*\*\*If you have any other devices you would like to have evaluated for use, please speak with the Aquatics Supervisor. \*\*\*

1. If a child that is 2 years old or younger and has their own inflatable inner-tube they may use it so long as they are sitting in it and an adult needs to be holding onto them and the inner-tube at all times.
23. Floatation devices that go around an infant's neck (inner-tube) may not be allowed in the pools.
24. Non-swimmers will remain in areas where they can clearly touch the bottom. Should they desire to be in those areas, they would be required to take a swim test.
25. No sitting on shoulders or standing on someone while they are under or above water.
26. Do not bring animals into the pool area unless it is an approved assisting animal.
27. Hanging onto ropes, lifeguard chairs or other safety equipment is not allowed.
28. All swimmers 5 years old and under who are wearing a life jacket must be accompanied by an adult while in arms reach at all times.
29. No one is allowed to wear street shoes on deck.
30. Children aged 3 and under and children who are not toilet trained must wear a swim diaper to enter the pools.
31. Fins, snorkels, and/or scuba gear are not allowed. Snorkels are allowed in lap lane as long as they are lap swimming.
32. Masks that cover the nose are allowed only if they are plastic. All masks cannot be used on the diving board.
33. If an infant is in a car seat or stroller, they may not be left unattended.

### **Locker Room Rules**

1. No vandalizing the facility. This includes but is not limited to; soaping the floors, throwing toilet paper on the ceiling, writing on walls.
2. No cameras are to be used.
3. Cannot leave personal items on the chairs, or the benches. They must be put in a locker.
4. The Dallas Aquatic Center is not responsible for lost or stolen items.
5. Please do not change children on the counters/ floors, there are changing tables provided in each locker room.
6. Locker rooms close 15 minutes after the facility closes.
7. When accompanied by a child 5 years or older of the opposite gender, we ask that you use the family changing rooms provided.

### **Main Pool**

#### General

1. Inflatable balls must stay in shallow end of the Main pool.
2. No hanging on any of the ropes or lane lines.
3. If a child is wearing a life jacket, they can only be in the shallow end of the pool and must be accompanied by an adult within arms reach.

#### Lap Lane

1. Lap lanes are for lap swimmers swimming continuously.
2. No diving in the lap lanes, except by the diving board end.
3. Please be courteous in lane, accommodate for multiple swimmers.
4. There is no saving lanes. Please circle swim, line swim, etc.
5. No loitering in lanes, hanging on or swimming over lanes.
6. Starting blocks are for swim team and instructional use only.
7. If a youth wants to use any pull buoys, kickboards, or fins, they must have adult supervision and can only be swimming laps in the lap lane.  
\*This does not mean the adult has to be in the water, they can be sitting on the bleachers if they so choose.

#### Diving Board

##### **Head, neck, or back injury may occur due to improper diving/jumping.**

1. No more than one person on the diving board/ ladder at any time.
2. No more than one bounce on the diving board.
3. Leave from your feet.
4. No sitting/hanging on the diving board.
5. No floatation devices/ kickboards or pull buoys allowed on the diving board.
6. No inward dives allowed.
7. No jumping off the side of the diving board toward the wall.
8. Must wait for the area to be clear before jumping in.
9. Must exit at the nearest ladder.

#### Slide

1. Start decent when instructed by lifeguard.
2. Must face forward, sitting or laying down with hands inside the flume, feet first.
3. No swinging on the bar.
4. No cutting, shoving, or saving places in line.
5. Only one person may go down at any given time.
6. Must be 48" tall to go down the slide, or pass the swim test administered by the Lead Guard.
7. Swim test: jump into the water off the diving board and swim to the shallow end of the lap pool and touch the wall. This must be done without assistance or touching the bottom of the pool.
8. You must be less than 250 lbs. to go down the slide
9. Lifejackets, tubes, and any other floatation devices are not allowed on the slide.
10. No eyeglasses without retainers, jewelry, or watches (as they might scratch the slide or lost after decent)
11. Do not stop, twist or swing body in the slide.
12. Appropriate swimming suits or clothing designated for pool use are required and must be free of zippers, buckles, buttons, rivets, snaps or other objects. (As they might scratch the slide)
13. Exit splash pool area immediately. Exception: adult catching another swimmer.

14. Adult may catch another swimmer, but must stand on either side of the current and not directly at the end of the slide.
15. No diving/ jumping in the splash down area.
16. Splash down area is not to be used for swimming purposes.
17. No jumping off the slide.

#### Rope Swing

1. Must be able to swim in the deep end of the pool.
2. Only one person on the rope at a time.
3. Swing out and drop off in the middle of the pool. Do not swing back towards the tower.
4. After entering the water, swimmer must swim to the designated ladder or to the shallow end of the pool. \*Cannot swim to the lap lane.
5. No cutting, shoving, or saving places in line.
6. No climbing up the rope swing.
7. Patrons may not sit on the deck near the rope guard between the rope tower and the diving board while the rope swing is in use.
8. The line forms towards the back entry door.
9. Do not swing over the lane line as this could result in injury to oneself or to another if one was to let go.

#### Leisure Pool

1. Patron's bottom must be inside the inner-tube. This means, no sitting on the edge of the inner tubes.
2. No climbing over or sitting on walls.
3. No playing inside the fountain pipes.
4. Once in the river, patrons cannot stop or go against the current.(During a Rec. Swim)
5. Cannot enter the river from pool deck.
6. No horseplay or rough play in the channel or in the inner-tubes. This includes tipping the tubes over.
7. Cannot create waves with the inner-tubes. Ex.: Being inside the inner-tube jumping up and down while holding onto the inner-tube.
8. Inner-tubes stay in the Leisure pool. They cannot be used in other pools.

#### Therapy Pool

1. Therapy pool may be limited for safety reasons.
2. Cannot be on the tiled wall.
3. There is no passing children over the wall to the leisure pool or vice versa.

#### Spa

1. No more than 15 minutes in the spa.
2. No person shall run or engage in horseplay while in the spa.

3. Must be 16 years of age or older to enter the spa. Exception: anyone with a written doctor's note and the Dallas Aquatic Center's management's approval. This is a STATE HEALTH LAW
4. Anyone under 16 years of age may not put his or her feet, hands, or other body parts inside the spa.
5. Those suffering from heart disease, diabetes, high blood pressure, or women who are pregnant should consult their physician before using the spa.
6. Persons using prescription medications should consult their physician before using the spa.

### **Wading Pool**

1. The wading pool is designed for children 5 years of age and under. An exception is made when an older sibling is with a younger sibling. This pool is designed for tots, not school age children. Behavior MUST STAY CALM
2. Adult must be directly supervising child at all times. No child shall be left unattended. \*Cannot be supervising from the Spa.
3. Children ages 3 and under must wear a swim diaper regardless if they are toilet trained.
4. No diving into the wading pool.
5. No jumping off of the walls.

### **Rules Specific to "Adult Swim" Time**

#### General

1. Any youth can be in the pool after 11:00 am as long as they are accompanied by an adult and stay within arm's reach at all times. The ratio for adult to children is 1:2
2. Inner-tubes are not to be used during this time.

#### Swimming Lesson Rules

1. The wading pool is not intended for children waiting for swimming lessons. Exception: children in a preschool class may be in the wading pool 5 minutes before the class starts, but not after the class ends.
2. Street shoes may be allowed on the food-court side area of the deck.
3. Children need to wait for their instructor on the bleachers or in the foodcourt area, they are not to be in the other pools.

#### Leisure Pool

1. When there is a "Raging River" class being held in the Leisure pool, no one is to be in the Leisure pool unless they are attending the class.
2. When there is an "Aquacise" class being held in the Leisure pool, anyone can be in the pool besides the class so long as they walk around the fountain.

### **Rules Specific to "Recreational Swim" Time**

## General

1. Swim test: jump into the water off the diving board and swim to the shallow end of the lap pool and touch the wall.
2. Exercise equipment may not be used. This includes, but is not limited to; kickboards, noodles, dumb bells, bar bells, and kickboards.