

# **RANCHO POOL RULES**

- ❖ No running on the pool deck, you may run on the grass
- ❖ You must wear a proper bathing suit at all times ~ no T-shirts, bras, basketball shorts, jean shorts, cut off shorts, or street clothes allowed
- ❖ You must shower before entering the water. Showers are located at the blue tower near the steps, in between the vending machines and in the restrooms
- ❖ **SHALLOW END RULES:**
  1. No diving, flipping, or jumping in backwards
  2. No chicken fights, throwing kids around, hanging on each others backs
  3. Do not hang or dunk on the basketball hoop/net
  4. Everyone (incl. adults) must take a swim test before entering the deep end
  5. Please see lifeguard at shallow tower
  6. You must swim across without touching the bottom, the rope or grabbing the lane lines. No doggie paddle please
- ❖ **DIVING BOARD RULES:**
  1. There is no running on the diving boards
  2. No back flips, gainers, or inward dives (you may jump, twist, dive or flip)
  3. You are allowed one forward bounce on the board
  4. Once you enter the water, exit at the ladders or swim under the rope into the 6ft
  5. Do not hang out in the diving area, it is not a play area
- ❖ **SIX FOOT AREA RULES:**
  1. No diving, flipping, or jumping in backwards
  2. Do not swim from the 6ft area into the diving board area
  3. Do not hang your hands and feet inside the gutter, we don't want you getting stuck
- ❖ **DO NOT HANG ON OR PLAY IN THE LANE LINES. THEY ARE FOR LAP SWIMMERS ONLY. DO NOT SWIM UNDER OR OVER THEM. IF YOU WANT TO GO FROM THE 6FT TO THE SHALLOW END OR VICE VERSA, YOU NEED TO CLIMB OUT AND WALK AROUND.**
- ❖ There are no floatation devices allowed, however you may wear a Coast Guard Approved Life vest only which you can borrow inside the office. Life vests are not allowed in the deep end and you **must be within arms reach of a swimming adult.**
- ❖ The vending machines to the right of the office do not belong to RSRPD, please use them at your own risk for we cannot refund you if you lose your money.
- ❖ Please do not wear any goggles that cover the nose

# **AQUA TRACK RULES**

- ❖ Every participant must pass the swim test (every time) prior to using Aqua Track
- ❖ Only 2 participants at a time on the track
- ❖ Do not jump from the wall directly onto Aqua Track
- ❖ Only feet first slides on the slope please
- ❖ If you fall off of Aqua Track, you have 1 attempt to climb back on, if you cannot, you must swim to the nearest wall and exit the water
- ❖ Please do not swim underneath Aqua Track
- ❖ Do not swim under or over lane lines to climb onto Aqua Track, you must enter from the line on the deck
- ❖ No racing is allowed
- ❖ When you have finished, please exit the water using the ladder immediately, do not hang out in the area, it is not a play area