

Pool Rules & Reasons

The following are common rules found at many aquatic facilities along with accompanied reason. Remember, people come to a pool to have fun and enjoy themselves. The role as a lifeguard is to make sure they have fun but are safe at the same time.

POSITIVITY SAFETY FUN

ADMISSION RULES

- A child 6 and under must be accompanied by a responsible person 14 years+
- Maximum of 3 children per caregiver
Recommendation of BC Coroners Agency after a Burnaby drowning in a pool at the same depth as our pool
- Offensive clothing must not be worn into the pool
Offensive to other patrons
- We will refuse admission to anyone who appears to be under the influence of drugs or alcohol
Impaired judgment of patrons can endanger themselves and other patrons.
- Swimmers with infections or open sores cannot enter the pool area.
Hepatitis and other contagious diseases as well per Health Act Regulations.
- We allow swimmers to bring inflatables into the pool from home at the supervisor's discretion.
The equipment must be clean and safe.

DIVING BOARD RULES

- Diving board should be kept clear of swimmers and mats. Inverted dives and seat drops are not permitted.
Jumping onto mats could cause a lumbar injury. Inverted dives and seat drops could cause someone to hit their head or back on the board.
- No double bouncing.
Excessive bounces can lead to loss of balance and slipping off the board.
- One person on the diving board at a time. Divers must go straight off the end of the board and should swim directly to the nearest ladder after their entry. No one is allowed under the board.
These are all to prevent patrons from jumping onto each other.
- No hanging on the diving board
If a patron is hanging on the board and another patron jumps off the board the board can flex down and hit the person on the head.



PFD RULES

- Adults must stay within arms reach of children under 7 years even if the child is wearing a PFD.
A child can drown in a PFD because the PFD will not roll a child onto his/her back. Also the parents need to monitor facial expression because a child can become very scared and traumatized if left alone.
- Children (over 7 years) who can't swim a width of the pool with a lifejacket or can't switch from their front to their back are not allowed in deep water without a parent.
Children who can't roll onto their back can drown in a PFD or have a very traumatic experience.

GENERAL RULES ONCE IN FACILITY

- No shoulder rides or wrestling on shoulders (chicken fights)
A small child can fall backwards under the water without the parent realizing. During chicken fights if the person on the shoulders falls sideways and tries to remain upright by pulling on the head of the person beneath, a spinal injury is likely.
- No diving in the shallow end
Spinal concerns
- No safety equipment may be used by any patrons. This includes reaching poles, lifesaving rings or lost child masks.
Equipment is required to be on deck by the health act.
- Back dives off the blocks or the deck are not permitted.
The blocks are very close to the wall and from this height a patron continues toward the wall and they could get a spinal or head injury.
- Flips are not permitted from the deck or the blocks.
A patron can easily hit their head on the pool deck while rotating.
- Flippers are only permitted in the water.
No walking on the deck with flippers.
Patrons are more likely to fall if they walk in flippers.