

GUIDELINES FOR THE USE OF AQUATIC FACILITIES

Aquatic staff is responsible for the operation and general supervision of the facilities and shall enforce all rules and regulations.

Access to the pool deck is available only when the coach is with the team.

An adult must actively supervise all non-adult participants when not supervised by the coach.

Deck access may be available and is limited to a maximum of 10 minutes before booked time.

Coaches are responsible to ensure that the change rooms and deck area are left in an acceptable (as found) condition. Additional charges will be levied if damages are discovered, or if extra cleanup is required.

Dryland training and warm-up activities are not allowed in the concourses, hallways or spectator areas. If you require an indoor activity space, the Michener Centre gymnasium is available for rent and can be booked by contacting the Facility Pass & Booking Specialist at 403.309.8421.

The pool deck with Aquatic staff approval may be accessed for light static stretches only providing the activity does not interfere with or is disruptive to another activity or private rental. Please check with the Aquatic staff first.

Pool equipment may be used but access to equipment rooms is by Aquatic staff only. Please return equipment after use. An additional charge may be incurred for the use of specialty equipment.

Any "Swim Club" that owns specific equipment must give written permission to any other users and forward a copy of the agreement to the Recreation, Parks & Culture Department.

Any pool equipment owned by swim clubs **MUST** be set-up and taken down before and after each pool booking.

Emergency exits and walkways must be kept clear at all times.

Be courteous to all other users when pool sharing.

Emergency exit maps are located in each facility; area staff can point out their location for your reference.

First Aid responders are not guaranteed in City of Red Deer Recreation Facilities. Please see staff for assistance or directly call 9-1-1 for a major emergency.

All City of Red Deer Recreation Facilities are equipped with Automated External Defibrillators (AED's). Please see area staff for location.

STANDARD POOL RULES

ADMISSION

Children under the age of 8 years must be accompanied by a person 16 years of age or older at a ratio of 3:1
Children under age 8 must be within arms reach
Individuals who use the pool must have appropriate swim attire. Babies must wear swim diapers and plastic pants
Admission will be refused to anyone under the influence of drugs or alcohol
People with communicable diseases or infections are not permitted to use the aquatic facility
For family swims, a parent or guardian must accompany those under 18; adults may not attend without children

PATRON CONDUCT

Diving is not permitted in the shallow end of pool and is limited to certain areas only (deep)
Food and drinks are permitted in designated areas only
Only plastic drink containers are allowed on deck
Safety & emergency equipment may not be used by patrons
Individuals who want to swim in the deep end must be able to swim 25m
Water toys such as noodles, infant floating rings and pool equipment are used at the lifeguard's discretion. Busier swims may impact this decision.
Spouting, spitting, nose blowing or otherwise polluting the pool is prohibited
Verbal obscenity and physical assault is cause for immediate dismissal from pool

HOT TUB/ SAUNA /STEAM ROOM

An adult must accompany children under 8 years in hot tub – infants and toddlers should be up to waist only
Children under 8 years are not permitted in sauna or steam room; 8-15 years olds are permitted with a person over 16 years of age
Recommended stay is 10 minutes – rehydrate and/or dip in main pool before re-entering
Not recommended for pregnancy or medical conditions
No perfumes or scents in saunas or steam room
Liquids are not permitted on sauna rock or burners
Head must remain above surface in hot tub
Exercising is not permitted in the heated areas

DIVING

Diving area is kept clear of swimmers
Inverted dives/back dives are not permitted
Diving from the pool edge is permitted in the deep end of the outdoor pool only
Only one diver on the board at one time
Diving is only straight out from the board, patrons should swim forward or exit from side of pool
Swimmer must wait until previous swimmer has hit the safety point before going off board