

# Hollin Hills Pool Rules – 2010 Edition

**SIGN-IN** Always sign in yourself, children, and guests upon entering.

## **SAFETY**

- The lifeguard's instructions must be followed at all times.
- Swimming is allowed only while a lifeguard is on duty.
- Please do not engage in social conversation with lifeguards on duty.
- Beginning at 1 p.m., 15 minute rest periods are required every hour for children under 14. There is no rest period during the last hour the pool is open.
- Children using swim assist devices (water wings, vests, etc.) must be accompanied *within arm's reach* by an appropriate supervisor.
- Lifeguards may require that young children pass a swim test before they are allowed in the pool without swim assist devices and adult supervision.
- Children may use snorkels, masks, fins, and noodles only with permission of the lifeguard.
- Floats, swimming rungs, or other inflatable toys are not permitted.

## **SUPERVISION, CHILDREN, AND TEENS**

- Children age 10 and over are not required to be accompanied by an adult.
- Teens age 14 and over may supervise other children in the absence of parent.
- Lifeguard and/or pool manager has the authority to require any child to be removed from the pool for a period of time for an infraction of pool rules and/or request an absent parent or caretaker to come for child. We *must* have a contact number on file in the event such a situation arises.

## **HEALTH AND FOOD**

- **The pool adheres strictly to all Fairfax County safety and health regulations:**
  - ***No food or drink* (including gum, candy, snacks or sodas) may be consumed within the pool enclosure except in the designated food areas: pool house and adjacent tables, the grass outside the wading pool area or the playground.**
  - **Clean up after you eat.**
  - **Swim diapers are required.**

- Bathers who are not toilet trained or incontinent persons must wear a swim diaper.
- Patrons wearing cloth or disposable diapers are prohibited from entering the pool water.
- Plain diapers are not sufficient.
- Diapers *must* be changed in shower rooms (changing tables are provided).
- **Members and guests must enter through shower rooms.**

### **WADING POOL**

- Available for use by children **under 7 only** any time the pool is open. It will be closed during swim meets.
- A qualified supervisor must remain with children inside the enclosure.
- **See swim diaper note under HEALTH. Please use them.**
- **Again, diapers must be changed in shower rooms.**

### **GUESTS**

- Visitors in street attire may accompany swimmers without signing in or paying guest fees.
- No guest fee is necessary for children under 3 at the time of the visit.
- Before 1 p.m. a family may invite up to three children under the age of 13 as guests free of charge provided they enter and leave with their hosts.
- Guards do not sell guest passes.
- **Guest passes may be purchased (6 for \$24) from Barbara Liggett, (703) 768-3797.**
- **Parties of more than 10 guests must be approved by the Pool Committee (use the form for reserving party space).**

### **MUTUAL RESPECT**

- Maintain pool facilities in a clean and orderly condition. Clean up after yourself.
- Take responsibility for your personal property. The pool management doesn't.
- Audio devices that can be heard by others are not permitted except as part of swim meets, lessons, or special functions.
- **Use your cell phone only in the eating or baby pool areas or outside the pool enclosure.**
- Please conduct yourself with civility and use language appropriate for a family environment.

### **NO SMOKING IS PERMITTED IN THE POOL ENCLOSURE**