

OUTDOOR POOL RULES SUMMER 2020

The pool will close immediately if there is thunder, lightning or tornado warnings are issued. In such cases, the pool will reopen at the discretion of the General Manager, Assistant General Manager, Pool Deck Supervisor, Lifeguard, or Manager on Duty after a minimum of 30 minutes.

The following rules are not meant to be exclusive and are subject to change. The pool management has the authority to implement and enforce rules that are more stringent or that supplement those listed here. Any questions about the following rules should be brought to the attention of *General Manager, Assistant General Manager, Pool Deck Supervisor, Lifeguard or Manager on Duty*.

- If present, lifeguards are authorized and responsible for enforcing safety rules and responding to emergencies. Parents or guardians should supervise their children at ALL times. Immediate attention must be given at the sound of the lifeguard's whistle.
- Admission to the pool shall be refused to all persons having any contagious disease; any infectious conditions, diarrhea, vomiting, severe burn, or anyone wearing adhesive tape, casts, or bandages.
- The pool water is not suitable for drinking.
- Littering is prohibited. In addition, no food, drink, gum, or tobacco is allowed in the pool. Food and drinks are not allowed within 10 feet of the pool and are only allowed on the pool deck.
- Outside food and beverages are prohibited.
- Bottles, glass and other hazardous objects are prohibited. Any material that might create a hazardous condition or interfere with efficient operation of the swimming pool shall not be permitted in the swimming pool or on the pool deck.
- Spitting, spouting of water, blowing the nose, bodily fluids, or otherwise introducing contaminants into the pool is not permitted.
- Any person suspected of being under the influence of alcohol or drugs is prohibited from entering the pool.
- Midtown Athletic Club is a non-smoking facility. This applies to all outdoor and indoor areas.
- All bathers are encouraged to take a shower prior to entering the pool.
- Midtown Athletic Club is not responsible or liable for lost or stolen items. Please safeguard your valuables.
- Personal conduct must be such that the safety for self and others is not jeopardized. No running on the pool deck, boisterous or rough play is permitted.
- Appropriate swimming attire is required to enter the pool. Shoes and tops are required to go inside the club.
- All attire worn in the pool shall be clean.
- All children who are not-toilet trained shall wear tight fitting rubber or plastic pants. Only approved swim diapers are allowed in the pool.
- Our family locker rooms are reserved for our members with children only. Adults unaccompanied by a child are to use the adult locker rooms for individual use.
 - Children 13 years old and younger must use the family locker rooms or restrooms near the pool and be accompanied by a parent.
 - Please see our Youth Area Code for more details.
- Lounge chair priority shall be given to adults. Any personal items left unattended will be removed and turned in to the front desk.
- Music must be kept personal. Headphones should always be worn when listening.
- Lap lanes are for adult lap swimming only. Standing, wading, or talking in the lap lanes is prohibited.
- Do not hang on the lane line or safety rope.
- Safety breaks are 15 minutes long and are called at the discretion of the lifeguards. Children ages 15 and under must exit the both the indoor and outdoor pool during safety breaks.
- No ball throwing or water guns of any kind are allowed.
- Only USA Coast Guard Approved arm floats, puddle jumpers, noodles, and safety vests are allowed.

- Parents should always be within an arm's length away of non-swimmers, even with a floatation device
- Only swimmers who can swim one length of the pool are permitted in the deep end. A swim test will be administered when deemed necessary by a lifeguard.
- No jumping backward, running and jumping, spinning or flips off the side of the pool. Diving is only permitted in the deep end. Diving in water less than 5 feet deep is not permitted except when allowed for competitive swimming and training. Caution shall be exercised in the use of diving facilities.
- Children may not play with the water fill located in the deep end.
- No climbing, walking, running, or flipping over on the wall barricade located in the middle of the pool.
- Ladders are for exiting the pool. Do not play, sit, swing, flip, or hang on the metal railings or ladder.
- No one should swim alone.
- Additional Illinois State Swimming Pool and Spa Rules and Regulations regarding bather health and safety must be followed at all times