



Swim & Tennis Club - Pool Rules

The pool facilities are operated to provide enjoyment to our members and guests. The following rules have been established to assure safe and sanitary operation of the pool facilities. Parents are urged to read and discuss these rules with their children. **The club is not responsible for loss, theft or damage to personal property.**

The enforcement of these rules, which apply any time the pool is open, is the duty of the Pool Manager and Lifeguards. Violators of these rules may be immediately expelled from the pool area and repeat violators will be referred to the Board of Directors of the Swim & Tennis Club for further action.

Members should contact the pool manager regarding any issues or concerns and may follow up by contacting the HOA Property Manager, at shannon@sequoiamgmt.com , cmiller@sequoiamgmt.com or 703-803-9641. Any concerns with the operation of the pool facilities, lifeguard duties/behavior, or actions of other members, should be addressed in writing to the Property Manager by email. Anonymous concerns can be placed in the mail slot on the clubhouse front door.

General

1. Persons using the pool do so at their own sole risk, responsibility and expense. Any person using the pool may be required to take and pass a swim test.
2. All members and guests shall obey all instructions and directions of the Pool Manager and Lifeguards.
3. No person is allowed in the pool unless a Lifeguard is on duty.
4. A responsible parent or guardian must closely supervise all children, swimming and non-swimming, at all times.
5. **CHILDREN SHALL NOT BE LEFT UNATTENDED.** Supervision of children in the wading pool is the responsibility of an adult or responsible person of at least 13 years of age. Use of the wading pool shall be limited to children 5 and under.
6. Children 10 and under (members and guests) must pass the 'basic swimming test' administered by the lifeguards and receive a wristband permitting them to swim in the deep water. Guards may re-test at any time they feel swimming ability is questionable. **Passing the swim test does not guarantee a child is competent to swim on their own. The swim test merely provides some assurances of their skill level at the time of testing. Parents are ultimately responsible for the safety of their children.**

The Basic Swimming Test shall consist of:

Swimming 25 Meters of the pool without stopping or struggling, and treading water for a one-minute period.

7. All non-toilet trained or incontinent persons are required to wear swim diaper and rubber/waterproof pants over the swim diaper. Swim diapers are to be changed frequently and disposed of properly.
8. No diving into shallow water (less than 4 feet).
9. Proper swimming attire shall be worn when in the pool.
10. No distracting Lifeguards on duty or in the Lifeguard stand. Direct all questions to Lifeguards in the pool entry area.
11. No loitering in the Lifeguard office or Lifeguard break table area along the office windows.
12. No loud, abusive, or profane language or other breach of good behavior directed at the staff or other members will be tolerated.

13. No running on deck, no climbing on the gates, no exiting/entering through the fence.
14. No roughhousing, dunking or rough play will be permitted on the deck, in the pool, on the diving board, slide or in the changing rooms.
15. No jumping, diving or playing into or over the lap lanes when it is in use.
16. No spitting, spouting water, or blowing nose in the pool.
17. No intoxicated persons shall be allowed in the pool area.
18. Floatation devices may be used at the discretion of pool management.
19. No tennis, hard basket balls or footballs shall be permitted in the pool area.
20. No glass or other breakable objects shall be permitted anywhere in the pool enclosure.
21. No tobacco product (including vape) is permitted anywhere on Hiddenbrook grounds.
22. Food must be consumed in the fenced-in picnic area only. Any table located outside the fenced area is not permissible areas for eating food. Users are responsible for cleaning up after themselves after their meal so others may use the tables.
23. Trash and litter must be placed in proper containers.
24. Bikes must be parked in the designated area and no bikes or other accessories may block the walkway.
25. Drive slowly in the parking area.
26. No overnight parking; violators will be towed.
27. Do not blow vehicle horn when summoning children.
28. No parking in any yellow curbed fire lanes.
29. The club and pool management will not be responsible for the loss of or damage to personal belongings.
30. Do not sit or linger inside the ADA handrails in the center of the stairs at the entry to the main pool.
31. Do not place chairs, tables, or personal items in the “outlined blue zone” leading from the Lifeguard office to the entry of the shallow end of the pool. (Lifeguards must have direct unobstructed access to pool.)
32. Parents must monitor children playing on stairs at the pool entry.

Member Admission

1. **Unpaid dues or late fees prohibit entry to the pool area.**
2. A photograph of all pool members over the age of two will be kept in **the electronic check-in system** to be used by the lifeguards for identification purposes. A current photograph must be on file to enter the pool facility. Children under 11 years of age must be accompanied by a parent, guardian, or designated person 13 years or older while in the pool area. Parents must accept all liability for their children's actions.
3. **Members age 11 and 12 shall be admitted without adult supervision (as stated in item 2) only if they have passed the advanced swimming test and written permission has been given by the parent and kept in the membership electronic system. A parent or legal guardian shall be present when the child takes the swimming test. Guards may re-test at any time they feel swimming ability is questionable. Passing the swim test does not guarantee a child is competent to swim on their own. The swim test merely provides some assurances of their skill level at the time of testing. Parents are ultimately responsible for the safety of their children.**

The Advanced Swimming Test shall consist of:

Swimming 50 Meters of the pool (across and back) without stopping or struggling, and treading water for a two-minute period.

Guest Admission

1. All members bringing a guest must have a pre-paid guest pass. Guest passes are added to your digital pool pass and MUST be purchased in advance of visiting the pool. Beginning May 2023 the old guest pass (punch cards) will no longer be accepted.
2. A guest is anyone who does not permanently reside at the home of the certificate holder. Membership certificate is for one household only. A seasonal nanny pass may be requested for adults who do not reside in a member household that wish to accompany member children under the age of 13 to the pool. If approved, a photo of the adult must be provided and cost of \$50 per season paid to the Hiddenbrook Swim and Tennis Club prior to use. Members may bring guests to the pool under the following provisions:
3. Guest must register with the gate attendant. Guest passes with 10 units will be available to members for the following costs:
 - Pre-season (Limit two per membership)\$10.00
 - Throughout the season.....\$20.00These passes are valid from year to year.
4. The guest fees may be prepaid, but under no circumstances will credit be extended.
5. Persons not in swimwear will be allowed to watch without paying a guest fee.
6. **Members must accompany and remain with their guests** while using the facility. **Guests will not be allowed to remain at the pool if their sponsoring member has left.** Members are responsible for the conduct of their guests.
7. No member family shall have more than four guests (or one guest family) at one time.
8. The pool may be closed to guests at the discretion of the Pool Manager as a result of capacity limits or staffing issues.
9. Members must be at least 13 years of age to bring a guest.
10. Parties/gatherings are allowed; one party/event may be scheduled per day. No reservations will be accepted on holidays. Up to 2 tables may be reserved. The 'Picnic Reservation Form' must be filled out and returned to the guards no less than 72 hours prior to the event. There is a max of 20 people (regardless of whether they are swimming or not), 1 adult must be present for every 5 children. All guest policies apply.

Pool Operations

1. Check the www.hiddenbrookhomes.org website for schedule of operations.
2. The pool management company reserves the right to close the pool or any section of the pool for any reason including, but not limited to: reasonable considerations related to safety, operations staffing, maintenance issues, or inclement weather. In the event of inclement weather, the pool will remain closed for the period of time deemed appropriate by the pool management company. Users must be out of the pool and off the deck area during this time.
3. In the event of an accident involving human discharge into the pool, Fairfax County Health Code procedures will be filed.
4. All injuries must be reported to the pool management.
5. There will be a 15-minute lap swim, starting at 11:45am and repetitively 15 minutes before every hour until close. Lap swim is defined as organized swimming up and down the length of the lane repeatedly. Those not swimming laps must vacate all areas of the main pool including the diving board, deep end and slide which are closed during this time. Lap swim etiquette will be observed at all times: 'Side swim' should be used for one or two swimmers where each person

takes one side and stays on their side. 'Circle swim' should be used for three or more swimmers where the swimmers swim counterclockwise in the lane. No sitting or playing on the stairs during lap swim.

Diving Rules

1. Adequate swimming skills are required to use the diving board.
2. Only one person on the diving board at a time. No more than one bounce, no horseplay allowed.
3. Divers need to know the water depth of the area they are diving into before diving. **ABSOLUTELY NO DIVING IN THE SHALLOW END.**
4. Divers need to look before diving, complete their dive, and then clear the diving area immediately.
5. Diver must be out of the diving area before the next diver enters the pool.
6. No dive may be made from the side of the board, or in a direction other than forward.
7. No floats, balls, or toys are to be taken onto the board or thrown to the person on the board.

Slide Rules

1. Adequate swimming skills are required to use the slide.
2. Slide user must be out of the slide area before the next person uses the slide.
3. No sitting at the bottom of the slide or climbing over the top.
4. No one is allowed to take artificial devices such as arm floats, life vests, noodles or paddle boards on the slide.
5. All slide users must go feet first, in a sitting position when using the slide. No one will be allowed to go headfirst or on his/her stomach.
6. Only one person on the slide at a time. Anyone waiting must stand on the ground (not the slide ladder) until the person in front goes down the slide and the area is clear.
7. No one will be allowed to throw a ball or any other object at any person while using the slide.
8. The lifeguards have the right to close the slide at any time, for any reason. For example: should there be a high number of people in the pool, or the slide rules are not being followed.

Slide Rules (As Posted on Sign)

1. No headfirst sliding- feet first only
2. No standing at top of slide
3. No jumping or diving from the slide
4. Stay clear of the slide runway exit
5. Adult supervision is required anytime children are using the slide
6. Children under 48" tall must be supervised closely at all times when using the slide or stairs
7. Weight Limit: 325 lbs
8. Make sure slide runway exit is unobstructed before descending
9. One person on slide runway or steps at a time
10. No roughhousing on or near the slide
11. Do not consume alcohol or drugs before or while using the slide
12. Do not use slide if you are pregnant
13. No not use slide if it is damaged
14. Do not use the slide if you are alone
15. Non-swimmers shall not use the slide
16. Always hold onto the handrails

ADA Chair Lift and Handrails

1. Do not play on, or with, chair equipment.
2. Do not block any patron from necessary usage of new handrails.
3. Patrons using chair lift may contact lifeguards for assistance.
4. Only lifeguards may move the ADA chair equipment.

Sanitation

1. Fairfax County code states that a shower must be taken before entering the pool area. The shower removes body oils, perfumes, etc., which reduces the amount of chemicals that must be added to keep the pool chemically balanced.
2. Misuse of the showers can mean expulsion from the pool area. (Playing in the water, running in the restroom, wasting paper products).
3. Parents should encourage children to use the toilet facilities before entering the pool and whenever necessary thereafter.
4. No pets, other than service animals, are permitted in the pool area.
5. For safety reason street clothes, excessively loose garments, cutoffs, buckles, rivets or other protruding elements will not be permitted for swimming. Water shoes are permitted and encouraged.
6. Persons who have any communicable health problems will not be admitted to the pool.

Thank you for cooperation and enjoy the season!
Hiddenbrook Board of Directors
Amended April 2023