



Cedar Forks Recreation Association d/b/a East Cobb Swim & Tennis

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## East Cobb Swim and Tennis

### Rules and Regulations

*By accepting membership with East Cobb Swim and Tennis, all members agree to be bound by the rules and regulations contained herein.*

#### General Facilities

**HOURS OF OPERATION** - The facilities are open to members only from 11am until 10PM except as outlined by the special hours prescribed for tennis and swimming functions. These hours are available upon request and are subject to change. Normal hours of operation for the playground area are 11am until 10PM.

**PARKING** - Parking is allowed in designated areas only during normal hours of operation.

**PLAYGROUND AREAS** - Children must be supervised by a parent or guardian 14 or older.

**KEY FOBs** - One key fob is supplied to members as part of the registration fee. A second key fob will be issued at the time of registration for an additional fee of \$15. A second key will be issued, upon request, at any time during the current year of membership in good standing with verification of the original key fob issued to the member.

#### Swimming Rules and Regulations

##### POOL CLOSINGS

It will be necessary on occasion to close the pool for unexpected maintenance or other reasons deemed necessary by the pool committee or the Board. The lifeguards will also have the authority to close the pool if weather is a concern for safety. See pool schedule for other closing times.

##### LIFEGUARDS

Certified lifeguards will be under the supervision of Standguard Aquatics. The lifeguard is in control of the pool while on duty. The guard is responsible for enforcing the pool rules. Members are held responsible for their own behavior, as well as the behavior of their guests. Members are responsible for their children's behavior even though their child may be at the pool unaccompanied. The lifeguards will refer discipline problems to the Standguard Aquatics (Management Company) and/or the ECST Board for action. Guards have the authority to enforce

all pool rules. Members who repeatedly violate the rules may be ejected by the guard. Guards will have a ten-minute break each hour. During this time all children under the age of 18 must “sit-out” for an adult-only swim time. Additional rules apply as mandated by Standguard Aquatics, the Board, and as outlined within these Rules and Regulations.

## GUESTS

**A key fob-bearing member must accompany a guest at all times.**

Please be advised that Life Guards, ECST Board Members, Pool Committee Members or the Management Agent have the right to limit guests at any time due to over capacity.

Members are responsible for the behavior of their guests.

## FOOD AND BEVERAGES

The consumption of food and beverages within the pool enclosure is permitted with the following stipulations. No glass containers of any kind are permitted inside the fenced area of the pool. Members are expected to maintain a clean and attractive pool area. All trash and unconsumed food particles must be properly disposed in the provided receptacles. Spilled beverages must be cleaned off tables and hosed off of the pool deck immediately. The Board of Directors reserves the right to restrict consumption of food and beverages at any time.

## LOST AND FOUND

Please label all items brought to the pool. Any items found will be placed in the designated Lost and Found area. Items that are unclaimed may be discarded without warning.

A member will be verbally warned for first offenses and rules violation; the patron will be asked to leave the pool facility if a second offense occurs. Revocation of membership will be left to the discretion of the board.

## RULES AND REGULATIONS

1. All non members invited as guests must be accompanied by a member.
2. The rules and requests made by the lifesaving personnel must always be followed.
3. Walk; don't run in and around the pool facility.
4. Children under 14 years old must be accompanied by a parent, guardian or responsible person 18 years old or older. Children ages 14 and older may swim unaccompanied by an adults during the designated pool hours.
5. Acceptable swim attire must be worn by patrons on the deck and in the water.
6. Animals are not allowed in the building or pool area, with the exception of guide dogs. Guide dogs are allowed on the deck, but not in the water.
7. Persons who appear to be under the influence of alcohol or narcotics will be denied admission.
8. No gum, candy, or food in the pool. No glass items or chewing gum is permitted anywhere in the facility. Smoking or vaping is not permitted anywhere in the fenced area of the pool facilities. Smoking and vaping is permitted only outside the perimeter fence line and away from the playground area. Smokers are responsible for safe disposal of filters.



9. Water-squirting devices and tennis (or hard) balls are not allowed for use in the pool. Use of all toys and flotation devices may be subject to approval by the life guard or the board.
10. Persons with open cuts, sores, bandages, colds, coughs or infected eyes are not permitted in the pool.
11. Weak or non-swimmers must remain in shallow water no deeper than chest level.
12. No one should engage the lifeguard in unnecessary conversation. Conversely, lifeguards should not be engaged in conversations on the phone or with friends or members, unless as required for the safety or maintenance of the pool and facilities.
13. Lying on the deck close to the edge of the pool where swimmers may trip over sunbathers is dangerous. Sunbathers must lie on chairs provided or be situated at least three (3) feet away from the edge of the pool.
14. Any dangerous practices are prohibited. Patrons must not run on decks; climb, sit or jump from fences; dive in shallow water (less than 11 feet deep); swim in the diving areas; double bounce or crowd diving boards; or dunk, push, pull or unnecessarily splash swimmers.
15. No prolonged underwater swimming for time and/or distance. Competitive and/or repetitive breath holding can be deadly and is not permitted. Hyperventilation is absolutely not permitted.
16. Single groups shall not monopolize a particular area of the pool and thereby limit its use by, or intimidate, other patrons.
17. No one other than the lifeguard is permitted on the guard chairs at any time.
18. No bikes, skates, scooters or hee-lies are allowed inside the fenced area of the pool or on the tennis courts.
19. Parents and children should ensure that sand, bark, etc. are not brought into the pool.
20. Private group uses are not permitted during authorized East Cobb Swim and Tennis periods and must be scheduled as a private rental.
21. Emergency procedures must be observed. Swimmers must leave the pool area immediately upon the signal or request of the pool manager, lifeguard, or board members.
22. Foul or abusive language will not be tolerated.

#### **RULES FOR DIVERS and DIVING BOARD**

1. Diving in water less than eleven feet deep, back dives, somersaults, "cannon balls" from the side of the pool or any other unsafe activities are not permitted.
2. Only one person is allowed on the diving apparatus (including the ladder) at a time.
3. Divers must dive straight from the front end of the board.
4. Divers may not spring more than once on the board.
5. Upon surfacing, immediately swim to the nearest ladder. Do not swim under the boards at ANY time.
6. A diver must wait until the preceding diver has surfaced and reached the ladder.



7. No general swimming is permitted in the diving area, unless, the diving boards are closed by staff.
8. Extended dives, or dives for distance from boards or platforms, toward shallow water, are prohibited.
9. Diving board users must be able to swim to the ladder unassisted.
10. **No fins or floats allowed on the diving board**

**BABY POOL - THIS IS NOT A LIFEGUARDED AREA. PARENTS MUST SUPERVISE INFANTS AND CHILDREN. SWIM AT YOUR OWN RISK!**

1. Children are allowed in the wading pool ONLY when accompanied by an adult or guardian.
2. The wading pool is for children 4 & under.
3. Swim diapers specially designed for infants and toddlers are required for all children 3 and under, even if they are potty trained. No disposable diapers allowed.
4. No jumping or diving at any time.
5. No food allowed in the pool.
6. No running, pushing, shoving, etc. of any kind allowed.

#### **SANITARY GUIDELINES FOR TODDLERS**

For our youngest members, those who are not yet fully potty trained, special attention must be given their swim attire. Synthetic/disposable diapers are not permitted in the pool. Swim diapers only. This is due to concerns about sanitary conditions AND fibers clogging the filtration lines. If contamination occurs, we are required by law to close the pool until sufficient time elapses for pool chemicals to kill bacteria.

#### **SWIMWEAR, TOYS, FLOTATION DEVICES**

Only regulation swimwear will be allowed. Cutoffs or thread-worn trunks cause pump damage and will not be permitted. The use of toys and flotation devices will be at the discretion of the guard on duty. During crowded periods or if safety concerns arise, members may be asked to remove these items from the pool area. Flotation devices are not a substitute for parental supervision!

