

SPRINGBOARD RECREATION CLUB FACILITY AND SWIMMING POOL RULES AND PROCEDURES

Summer 2024

The following rules and procedures governing the conduct of the Springboard Recreation Club (“Springboard”) facilities are published for the information and guidance of all members and guests.

Major Updates

The following rules and procedures have been updated.

1. Pool Availability during Swim and Dive Events. The main pool, diving well, and wading pool are generally considered closed during Swim and/or Dive practices and competitions. This is usually due to lifeguard staffing considerations. Portions of bathing areas not in use for the event may be made available to members by exception at the discretion of the Pool Manager. Dive practice is often an exception, as use of the main pool and wading pool do not interfere with the dive well.
2. Member Conduct: Members and their guests are expected to conduct themselves in compliance with the NVSL Standards of Conduct during Swim and/or Dive Events. Failure to do so may result in referral to the Membership Committee chair and/or removal from the pool grounds by the Pool Manager, Manager on duty and/or a Springboard Recreation Club Board member.
3. Check-in procedures at the front desk continue to use electronic check in via Member Splash. The number of members allowed on the premises at one time will be as provided in the supplementary rules and procedures.

Pool Hours (2024)

Pool Hours will be posted either at Springboard or online.

Pool Management

1. The Pool Manager, as agent for our pool management company (i.e. Atlantic Pools), is in complete charge of the pool and will supervise all Atlantic Pools personnel.
2. Per our bylaws, the Manager on duty is responsible for enforcing all rules and regulations, and has final and conclusive authority to enforce all matters relating to health, safety and behavior in the pool and pool area.

Admission to Club Premises:

1. Club premises refers to all grounds owned by the club and enclosed with fencing.
 - a) The pool area refers to the area enclosed by a fence with barbed wire. It includes the main and wading pools, the deck around those pools, the pavilions and grill areas, the grassy areas, and the clubhouse and other structures inside the fence.
 - b) Besides the pool area, other areas included in the club premises are the driveway, parking lot, and other grassy areas outside the barbed wire fence.
2. All members are required to register at the pool entrance.
3. Entrance to the pool will be through the bathhouses.
4. All adults and children using the pool must wear swimming attire. No street attire (i.e., cut off shorts, halter tops, etc.) will be permitted in the water.

5. No one with inflamed eyes, open wounds, sores, or skin infections will be allowed in the pool.
6. No one under the influence of drugs or alcohol will be admitted to the pool.
7. Firearms, air guns, sling shots, and other weapons or dangerous devices are not permitted on club premises.

Club Premises Rules and Regulations

1. The main pool, diving well, and wading pool are generally considered closed during Swim and/or Dive practices and competitions. This is usually due to lifeguard staffing considerations. Portions of bathing areas not in use for the event may be made available to members by exception at the discretion of the Pool Manager. Dive practice is often an exception, as use of the main pool and wading pool do not interfere with instruction in the dive well.
2. Swim lessons are for the benefit of the members. Swim lessons must be coordinated through Springboard Recreation Club. All swim lessons will be conducted by employees of Springboard Recreation Club.
3. Speed limit on driveways and in the parking area is 5 MPH.
4. Members entering the Club grounds on bicycles, skateboards, or roller skates are not allowed to use those devices within the pool area. Use of those devices for “joy riding” in the parking lot is also not permitted. All bicycle riders will use the area designated for parking bicycles.
5. Members are responsible for the cost of any property damage they cause.
6. Tobacco use and e-cigarettes/vaping is prohibited everywhere on the property.
7. No chewing of gum is permitted within the pool area.
8. No abusive, offensive, or profane language will be permitted. Misconduct of this nature by a member may result in removal from the pool grounds by the Pool Manager, Manager on duty and/or a Springboard Recreation Club Board member.
9. Members and their guests are expected to conduct themselves in compliance with the NVSL Standards of Conduct during Swim and/or Dive Events. Failure to do so may result in referral to the Membership Committee chair and/or removal from the pool grounds by the Pool Manager, Manager on duty and/or a Springboard Recreation Club Board member.
10. Individuals may use audio players if used in conjunction with earphones or headsets. Players without headphones may be used if operated at a low level and if not objectionable to others.
11. No obscene behavior.
12. No loitering at the front desk or other guard areas.
13. No sitting on, standing on or general abuse of the ping-pong tables and other equipment located in the Club House or other areas.
14. All refuse will be placed in the trash containers provided for this purpose. Please use recycling containers as appropriate. Pizza boxes are not to be placed inside the recycling containers, but rather inside a trash container.
15. Only authorized staff are allowed in the guard areas (i.e. Guard Shack, Filter Building, Storage Rooms).
16. Only adult members and designated snack bar staff are allowed in the snackbar.
17. Only adults may use the charcoal grills in designated areas.
18. No pets will be permitted in the pool area.

Health and Safety Rules and Regulations

1. All bathers must take a soap shower before entering the pool.
2. Do not urinate in the pool.
3. Do not drink the pool water.
4. Spitting, spouting of water, blowing of nose, etc. are strictly prohibited in the pools.
5. Babies taken into either pool must wear rubberized training pants over cloth diapers or Huggies "Little Swimmers". Parents will be asked to take their children out of the pool if they are not properly diapered.
6. No food or drinks (except covered drinks) are permitted in the concrete deck area immediately adjacent to the pools. Food may be consumed in the grassy areas and at the picnic tables in the pavilion areas.
7. No glass containers or breakable objects of any kind are allowed in the pool enclosure.
8. Running, pushing, wrestling or causing undue disturbance in or about the pool area is not permitted. Games infringing on others' enjoyment at the pool are not allowed.
9. No hanging or pulling on pool rope lines, the basketball hoop, the diving board or the end of the slide.
10. Throwing or using hard balls of any kind is not allowed (i.e. lacrosse balls, baseballs, footballs, basketballs). Any dispute on what constitutes a hard ball shall be decided by the Pool Manager on duty. Throwing or using other objects which have the possibility of injuring other members is also not allowed.
11. USCG-approved life jackets (not rings) and swimmies or water wings which are tied or otherwise securely fastened to the body are permitted for use by children only if child is within arm's length of parent. Lifeguards will determine if children assisted by swimming flotation devices will be allowed in the deep end of the Main Pool (not the dive well).
12. The use of tubes, rings or rafts, including on Raft Nights, must be approved by the lifeguards.
13. Water guns and similar devices are prohibited in the Main Pool except during events authorized by the Springboard Recreation Club Board.
14. The pool will be closed in the event of thunder or lightning, or rain of an intensity that, in the judgement of the Pool Manager, impedes the ability of the lifeguards to ensure swimmer safety. Members must leave the pool area, including all pavilions. The pool will re-open 30 minutes after the last thunder or lightning (as determined by the pool manager).
15. The pool will be cleared of all people in the event of an emergency. The signal for this will be three (3) sharp blasts of the guard's whistle.

Progressive Penalty Policy

1. For the 1st infraction of the rules - Warning
2. For 2nd infraction - 15 minute benching
3. If a member is under the age of 16 and is benched 3 times in a week, a parent or guardian will be contacted and informed that the next infraction will result in an ejection of the member.
4. The manager will restrict any member benched more than 3 times in a week from using the facility for one week. If applicable, a parent or guardian will be notified.
5. Any member cursing at or threatening physical harm to a staff member or pool patron will be immediately ejected by the Pool Manager or Manager on duty. If applicable, a parent or guardian will be notified. Reinstatement of pool privileges will be considered by the Board prior to re-entry to the pool grounds.

Rules Applying Specifically to Children

1. Children under 6 years old shall be attended by a parent or designated babysitter at all times.
2. No Lifeguards are posted at the wading pool. Supervision of children at the wading pool is the responsibility of the parent or designated babysitter. Children shall not be left unattended in this area and the parent/babysitter must remain within the fenced wading pool area at all times.
3. All children less than 10 years of age must be accompanied by a responsible person while on the pool premises. A responsible person is defined as a person assigned by the parents as having the maturity and ability to care for the safety of another person at the pool. This person must be at least 14 years old. The final judgment of who is responsible and who is not responsible is left to the pool manager.
4. Children between the ages of 10 and 14 (i.e., they have passed their 10th birthday but have not reached their 14th) may come to the pool unaccompanied to swim, provided they have passed the basic swimming test and agree to comply with the rules and regulations.
5. In order to prevent excessive fatigue and chilling, children less than 18 years of age are required to leave the main pool upon the signal from the lifeguards for a break. The length of this break is 15 minutes. During the break periods, infants under 2 years of age may enter the pool with parents but not in the lap lane, diving well, or slide area. Swim lessons already in progress may continue during the break.
6. Children cannot be left unattended outside the front gate when the Guards secure the pool for the evening or when weather conditions warrant closing the facility. By contract, the Guards are not paid to remain at the pool after the posted closing times unless approved for overtime by the Springboard Recreation Club Board. Accordingly, the parent member of children left at the pool after hours will be assessed any expenses incurred by the pool for Guards who remain until the child is picked up.

Rules on Use of Wading Pool and Surrounding Gated Pool Area

1. The wading pool is reserved for children 6 years of age or younger. A parent or baby-sitter must remain within the fenced wading pool area with the child(ren) at all times as no lifeguards will be posted at the wading pool.
2. Only children 12 years of age and under may use the swing set and other recreational equipment in the grassy pool area next to the wading pool.

Diving Board Rules

1. Only children who have passed the swimming test or persons 14 years and older, may use the diving board.
2. Only one (1) person at a time may be on the diving board or ladder.
3. Do not dive until the previous diver has reached the side of the pool or ladder.
4. Only one bounce per dive.
5. No running on diving boards.
6. Front and back dives only. **No inwards, cut-aways, or gainers.**
7. Divers must leave the diving area as soon as practical after entering the water.
8. Parents (or anyone) may not be in the diving well to “catch” or assist diver.
9. Diving board may be closed as deemed necessary by the lifeguard on duty.
10. No goggles or flippers shall be worn off the diving board.
11. No hanging on the diving board.

12. Children assisted by swimming flotation devices are not allowed in the diving well. Lifeguards will determine if such children are allowed in the deeper end of the main pool.

Slide Rules

1. Children younger than 14 must pass the swimming test to be allowed to use the slide.
2. Only one (1) person allowed on the slide or ladder at one time.
3. Do not start down the slide until water area at bottom of slide is clear. Parents (or anyone) may not be below the slide or beside the slide to “catch” or assist the slider.
4. The deck area under the sliding board must be clear at all times.
5. No hanging on the end of the slide or on the basketball goal in the adjacent pool section.
6. Slide may be closed as deemed necessary by the lifeguard on duty.
7. No goggles or flippers shall be worn on the slide.

Lap Lane Rules

1. A single lap lane will be available during all pool hours with the exception of during swim team activities. The lap lane is reserved for patrons swimming or water-jogging only. The lap lane is sufficiently wide for 2 or more swimmers/joggers at a time, and swimmers/joggers should keep to the right. Lessons for any swimmer should be conducted outside of the lap lane. A second lap lane may be installed at the pool manager’s discretion if requested and capacity allows. No hanging or sitting on the lane lines.

Care Provider (Babysitter) Guidelines

1. Members who employ for the season, a care provider who is not a part of the household and also not otherwise a member of the club, may list the care provider on his/her membership. If the care provider is so listed, he or she will be allowed entrance to the pool at no charge, solely for purposes of accompanying the member’s children to the pool.
2. The care provider must be able to swim and be at least 14 years old.
3. The member (parent) must ensure the care provider is aware of the club rules and regulations.

Swim Tests Procedures

1. The Springboard Recreation Club's swim test consists of swimming the length of the pool (25 meters) one (1) time and treading water in the deep end for a 1 minute period.
2. All children between the ages of 10 and 14 must pass the swim test to be at the pool unaccompanied by an adult.
3. All children under the age of 14 must pass the swim test to use the slide, use the diving board or enter water over their heads.
4. Everyone who passes the swim test will have his/her name recorded for future reference.

Pool Parties

1. Private parties will be allowed with sufficient coordination with the Pool Board Event Coordinator.