



# MONTGOMERY COUNTY RECREATION SWIMMING POOL RULES AND REGULATIONS



The following rules and regulations have been established for the benefit of all users of the swimming pool to assure the safe operation of the pool facilities and to provide enjoyable recreation for all. Patrons are requested to cooperate in observing these rules and to obey the instructions of the Aquatics staff. Patrons violating swimming rules are subject to the revocation of their swimming privileges. Montgomery County Recreation reserves the right to refuse admittance into any county swimming facility when the capacity of the pool has been reached or when otherwise deemed necessary for the health, welfare, or safety of the patrons.

Montgomery County Recreation (MCR) welcomes patrons to enjoy the use of all its facilities without regard to race, sex, age, color, creed, national origin, marital status, sexual orientation, gender identity, or disability.

The Pool Manager or their designated assistants are responsible for the operation of the pools. Their instruction must always be followed.

## GENERAL RULES / ADMISSION POLICIES

1. Admission fees must be paid by all people ages one (1) year and older upon entry to our indoor and outdoor pools for each session.
2. All persons entering the pool area must pay the appropriate admission fee or present proof of a valid pass or program registration.
3. Patrons paying general admission at indoor facilities must provide a valid picture identity card for entry. Acceptable identification includes Driver's license, MVA ID card, Military ID, current School ID.
4. No one will be allowed in the swimming area unless the pool is officially open, and a ready-to-rescue lifeguard is on duty and present on deck. Entering the pool when it is not open for public use is punishable by fines and/or imprisonment.
5. All patrons within the indoor pool area must be attired in appropriate footwear. Appropriate footwear includes sandals, flip flops, and water shoes. Appropriate footwear must be changed upon entering the pool area. Footwear must be clean of debris.
6. All patrons must wear appropriate bathing attire in the pool.
7. Program fees cover only the lesson or program and no other use of the facility.
8. A driver's license or other ID is required at the admission counter for proof of County residency.
9. Persons leaving the pool must pay to re-enter.
10. If a patron with a disability needs special accommodations to use the pool complex, please contact the Pool Manager.
11. Admission to the MLK Outdoor Pool does not include admission to MLK Indoor Pool and vice versa.
12. Guards have authority to enforce all pool rules. Patrons who repeatedly violate the rules may be ejected by the Manager.
13. Bringing any animal other than a service animal (dog) onto the immediate premise is prohibited. Service animals may not enter water.
14. Staff at facilities are not able to provide refunds for general admission or programs.

## GROUP ADMISSION POLICIES

1. Groups must contact the pool management before coming to the complex.
2. A group of five or more children (6-17 years of age) entering the pool must be directly supervised at poolside by an adult in swim attire. There must be one adult for every five children.
3. Groups with children ages 5 years and under must provide one adult per child in the water, due to the high-risk nature of the activity.
4. Summer Camp groups must contact the main aquatics office before visiting the facility.

## ALL FACILITIES

1. Food or refreshments are not permitted at indoor facilities except for swim meets and scheduled parties, in the party room.
2. No grills, gas or electric cooking devices may be brought into the pool complex.
3. Glass containers, alcoholic beverages and drugs are not permitted in the pool complex.
4. Weapons are not permitted in pool complex, including knives for food preparation by the public.
5. Smoking (tobacco or electronic) is not permitted anywhere in the facilities, buildings, grounds, or parking lots.
6. The office telephone and public address equipment may be used only to deliver messages of an emergency nature or facility information to persons at the pool.
7. Employees are the only persons allowed in the staff rooms, cashier booth, filter room, mechanical room, storage room and offices.
8. Single groups shall not monopolize an area of the pool and thereby limit its use by or intimidate other patrons.
9. Only MCR scheduled classes, team activities, or rental groups are permitted. Private groups are not permitted during a Recreation Swim period and must be scheduled as a private rental.
10. Chairs are not permitted within six (6) feet of the pool side.
11. If the overhead pool lights go off, the pool will be cleared immediately and not reopened until the lighting is fully restored.
12. Montgomery County Recreation is not responsible for personal property or valuables at any time. Valuables may not be checked with the cashier or pool staff.
13. If a child has a life jacket on, he/she must be within arm's reach of an adult. Life jackets are available at all facilities.
14. Headphones must be worn when listening to entertainment devices.

## OUTDOOR FACILITIES

1. Food or refreshments may be consumed only at the snack bar or other designated areas. All refuse and waste papers must be deposited in designated trash and recycle receptacles.
2. Picnic baskets/coolers are permitted in the grass area of the outdoor pools. All bags, baskets and coolers are subject to inspection.
3. Tot/Baby pools are cell phone free zones. For safety, no cell phones may be used in the tot/baby pool area.
4. Possessing food or beverages on the pool deck within 6 feet of the pool's edge is prohibited (except plastic bottles of water brought by a patron for personal consumption).
5. The outdoor pools will be closed and cleared for a 15-minute Safety Break or Adult Break (18+) throughout the day. All patrons must exit the pool during Safety Break; all patrons 17 and younger must exit the pool during Adult Break. Adult lap lanes will remain open during this time.
6. Aeronautical activities are permitted pursuant to airport regulations. Airplanes, helium/hot air balloons, hang gliders, parachutes, ultra-light planes, drones, or any other person operated aircraft shall not be flown or launched from any County property except in officially designated areas by permit.
7. Shade devices, including tents and beach umbrellas are not allowed.

## ATTIRE\*

1. All patrons must wear appropriate bathing attire in the pool. \*
  2. All patrons within the indoor pool area must be attired in appropriate footwear. Appropriate footwear includes sandals, flip flops, and water shoes. Appropriate footwear must be changed upon entering the pool area. Footwear must be clean of debris.
  3. Clothing such as cut-offs, gym shorts, and underwear is not permitted as swimwear.
  4. Swim attire should not have been worn for exercising immediately prior to pool use and must be colorfast and of lightweight material suitable for swimwear, such as Lycra, Spandex, or nylon.
  5. Clean T-shirts may be worn for modesty or medical reasons but first must be sanctioned by the Pool Manager.
- \*See attached graphic for approved swim attire.

## LOCKER ROOMS

1. Children 6 years of age or older must change in the appropriate locker room or see the Manager for alternate arrangements.
2. Access to locker rooms is permitted based on the gender identity of the patron.
3. Mini lockers are available at pools. Leave valuables at home.
4. Food is not permitted in locker rooms.
5. The use of cell phones, cameras, video cameras or any device containing recording equipment of any kind is prohibited in all locker rooms, bathrooms and changing facilities.
6. Patrons are not permitted to leave locks on lockers overnight. Locks will be cut off and locker contents will be placed into Lost & Found. Lost & Found will be disposed of weekly.
7. Use of locker room facilities is limited to patrons for the purpose of changing.
8. Personal grooming is not permitted within the facility. Personal grooming includes, but not limited to, cutting nails, coloring/cutting hair, washing clothes, exfoliating.
9. All locker rooms will close 20 minutes after each recreational or program swim.

## BEHAVIOR

1. Socializing with or distracting the pool staff is prohibited.
2. No person within the facility shall behave in such a manner as to jeopardize the safety and health of him/her and/or others. Such behavior, including abusive or profane language, shall be grounds for expulsion.
3. Loitering will not be permitted at any MCR-Aquatics facility.
4. Running, boisterous or rough play, pushing, acrobatics, dunking, wrestling, splashing, yelling, diving, or jumping haphazardly, snapping of towels, improper conduct causing undue disturbances on or about the pool area or any acts which would endanger any patron are prohibited.
5. Spitting, spouting water, blowing nose, urinating, or defecating in the pool is prohibited.
6. Gum chewing is not permitted anywhere in the pool complex.
7. Swimming under the bulkhead is prohibited. Patrons are not allowed on the bulkhead.
8. Public displays of affection should remain minimal.

## AGE RESTRICTIONS

1. Children under 12 years old entering the pool complex must be accompanied and cared for (at pool side) by a responsible person 16 years old or older.
2. Children under 6 years old must always have a responsible person (16 yrs. old or older) in the water with them and within arm's reach.
3. Use of the wading pool (Tot Pool) is restricted to children five (5) years old and under. Each child must be supervised in the water by a person at least 16 years old. Children must not be left unattended.

## HEALTH / SAFETY POLICIES

1. The County assumes no liability for injuries or damages arising from the results of participation unless due to willful or gross negligence on the part of the County. Due to the strenuous nature of some activities, the participant is advised to consult his/her physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant assumes.
2. Infants/children who are not toilet trained and adults who are incontinent who wish to enter any pool, must wear a clean diaper or disposable swim diaper covered by a separate plastic pant, all of which must fit snugly around the legs and waist. If the diaper becomes soiled, this person must leave the pool immediately, and may not return until he/she has taken or been given a soap shower and has been recovered by a new diaper with a clean plastic pants.
3. Persons under the influence of alcohol or drugs will not be permitted in the pool complex or in the surrounding area.
4. Any injury occurring in the pool area must be reported to the pool management immediately.
5. All patrons must take a cleansing soap shower before entering the deck area. Sun bathers should shower before each entrance into the water to rinse off perspiration, lotions, etc.
6. Any person having a skin disease, sore or inflamed eyes, cold, nasal or ear discharge, communicable disease, or who is wearing any kind of bandage or Band-Aid will not be permitted in the pool.
7. Persons having any considerable area of sub-skin tissues, open blisters, cuts, etc., are warned that these are likely to become infected. Such persons may not use the pool.
8. Any adult or child who is experiencing even a mild case of diarrhea may not use the pool.

## EQUIPMENT / TOYS

1. Toys, balls, inner tubes, inflated boats, and rafts are not permitted in the main pools. Small toys may be allowed in the Teach or Leisure Pool at the Manager's discretion.
2. Wearing eyeglasses in the pool is discouraged unless necessary.
3. The use of masks and snorkels by patrons 14 and up in the lap lanes may be permitted at the discretion of the Pool Manager. Youths 14 years and under, accompanied by an adult, may use masks and snorkels in a non-lap lane area, at the discretion of the Pool Manager.
4. Specialized equipment, such as kickboards, fins, or paddles, is only permitted in the lap lanes.
5. The use of the starting blocks is restricted to approved swim practices, swim meets, and during instruction.

## RULES FOR SWIMMERS

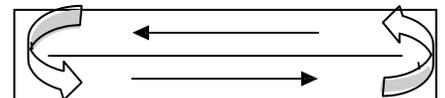
1. Non-swimmers must remain in shallow water (chest-deep or less).
2. No diving in water less than 6 feet.
3. No prolonged underwater swimming for time and/or distance. Competitive and/or repetitive breath holding can be deadly and is not permitted. Hyperventilation is not permitted.
4. Coast Guard approved and labeled personal flotation devices, such as vests designed to provide vertical support, may be worn with permission of the Pool Manager. Water wings (swimmies) may be worn.
5. Everyone wearing a personal flotation device must be accompanied by an adult in the pool, within arm's reach. No back floats, bubbles, rings, or one-sided flotation devices are permitted.
6. No flotation devices of any type are permitted on diving boards, slides or lap lanes

## RULES FOR DIVERS

1. Only one person is allowed on the diving apparatus (including ladder) at a time.
2. Divers must dive straight from the front end of the board.
3. Divers may not bounce more than once on the board.
4. Upon surfacing, immediately swim to the nearest ladder. Do not swim under the boards at ANY time.
5. A diver must wait until the preceding diver has surfaced and reached the ladder.
6. No general swimming is permitted in the diving area unless the diving boards are closed by staff.
7. Extended dives or dives for distance from the one or three-meter boards, toward shallow water, are prohibited.
8. Diving board users must be able to swim to the ladder unaided. They may not be assisted after jumping off the board.
9. Cartwheels and handstands off the board or the side of the pool are prohibited.
10. Goggles, masks, or flotation devices may not be worn when going off the diving board.

## LANE USAGE

1. Designated lap lanes are for continuous lap swimming.
2. Circle swimming is the default rule of lap swimming.
3. Lanes are for multiple swimmers and patrons should expect to share the lane with 2 or more swimmers. Swimming style must accommodate multiple swimmers in lane.
4. Swimmers should arrange themselves by speed or type of exercise in the lanes.
5. Stop only at the turning walls. Move to the side to allow others to turn and continue.
6. Swimmers should not hold onto lane divider/lane ropes.
7. Water Walking or Deep-Water Running is not permitted in designated lap lane.



- Lap swimming is not permitted in the recreation area.
- Lanes not designated for lap swimming may be used for a combination of exercise.

### LESSONS & INSTRUCTION

- Only County staff and contractors who have been authorized by Montgomery County Recreation-Aquatics may utilize the pool to provide swimming instruction. No activity for private gain is permitted at any time.
  - Parents/guardians may not remain at the class or on deck unless it is otherwise stated in the description.
  - \*Observation is allowed from designated areas. At some facilities, clear observation is not possible.
  - Participants may enter the pool area 10 minutes before the start of the class.
  - Lesson questions should be directed to the facility where you wish to enroll.
  - Withdrawal policies will be followed. See [ActiveMontgomery.org](http://ActiveMontgomery.org) for full listing of policies.
  - Parents/Guardians must remain in the facility while their children are participating in lessons.
- \*Applies to swim team practices

### WATER SLIDE (10 FEET OR HIGHER)

- All users must be at least 48" tall.
- Only one person on the slide at a time.
- Younger children may not ride with their parents.
- Slide feet first only, on back.
- Always keep hands inside the slide.
- No stopping, turning, standing, kneeling, or rotating.
- Goggles and glasses are prohibited.
- Start slide when directed by dispatcher.
- Exit receiving pool immediately.
- Keep the line against the wall.
- If the tower rules are not maintained, or anyone creates a disturbance in line, they will be denied its use by the pool safety staff.

### LILY PAD/LOG CROSSING FEATURES (GOP – WGOP)

- All users must be at least 48" tall to use the crossing features.
- All users must wait to cross until the path is clear of other users.
- Crossing must start at designated point and in one direction of travel.
- All users must exit the crossing feature, onto the deck, when the other side is reached.
- No pushing, shoving, or trying to knock a patron off the feature.
- If a user falls off the crossing feature, they must exit the pool immediately.
- Swimming is not permitted in the crossing feature area.

### CLIMBING WALL (SSRAC)

- All users must follow the instruction of the pool staff before climbing.
- All users must begin from in the water.
- All users should remove all jewelry.
- Only one user permitted at a time on the wall.
- Once user reaches the top, they must jump off the wall feet first – No Diving. Swim away from the drop zone and exit the pool.

### WEATHER

- Rainchecks may be issued when the facility must be closed due to storm or equipment malfunction.
- They will only be issued to those admitted within 60 minutes of the closure and who have a valid receipt.
- During storms, outdoor pools will be closed, and the entire area cleared of patrons. Due to limited cover, patrons are encouraged to leave the facility. Others must remain within the shelter of the bathhouse or their car. The pool will open twenty (20) minutes after the storm passes.
- During periods of cool weather, outdoor pools will not open when the temperature is below 70°. If the temperature falls below 70° the pool will stay open unless conditions merit closing for safety reasons.

### FITNESS ROOM (GISC – KSAC – OSC – MLK)

- Use of the fitness room is restricted to adults (18 years old and older) and youths 14-17 with a permission slip on file. Youths need to keep their copy with them while using the weight room.
- Wet swimming suits or other wet apparel are not permitted in the fitness room.
- Users should place a towel over benches and seats.
- Lower weight stack gently.
- Shirts, shoes (closed toe), and pants or shorts must be worn when using the weight room.
- Use of the cardiovascular equipment is limited to 20 minutes when others are waiting.
- Cell phone use is not permitted in weight rooms unless headphones are in use.

8. Headphones must be worn with all audio devices.

#### **HYDROTHERAPY/SPA POOL (INDOOR FACILITIES)**

1. Hydrotherapy/Spa pool use is restricted to adults (18 years old and older) and youths 14-17 accompanied by an adult.
2. Pregnant women or bathers with a history of heart disease, diabetes or circulatory problems should not use this pool.
3. Any swimmer with an infectious disease, nasal or ear discharge, exposed sub-skin tissue, or wearing a bandage may not use this pool.
4. A soap shower is required before and after using this pool.
5. No more than 10 persons permitted in the pool at one time.
6. Persons should not remain in this pool more than 15 minutes per hour. Longer exposure may be dangerous.
7. No personal grooming permitted or application of lotions/products.

#### **SAUNA (GISC-KSAC-OSC)**

1. Swim attire must be worn while using the Germantown Indoor saunas.
2. Sauna users must be 18 years of age or older. Youths 14-17 years may use sauna if accompanied by an adult.
3. Patrons must sit on a towel when using the sauna and have genital area covered.
4. Pregnant women and persons with respiratory or cardiopulmonary problems should not use the sauna.
5. Persons should remain in sauna for no more than 10 minutes per hour. Longer exposure may be dangerous to your health.
6. Do not place suit or towels in sauna to dry.
7. Do not pour any liquid or place anything in/on sauna rocks.
8. Remove all metal jewelry before using sauna.
9. Showers must be taken before and after use. The use of body or food products is not permitted.
10. No personal grooming or application of lotions/products is permitted.

#### **LAZY RIVER (MLK OUTDOOR)**

Water depth is 3'6" with a strong current.

1. All riders must be in a tube. If a tube is not available, they must wait for another patron to finish using it.
2. Patrons must enter/exit at the stairs, or in an area designated by facility staff. Patrons may not enter from the sides of the pool.
3. All tubes must remain in the river.
4. Patrons must be 48" to ride the river unaccompanied.
5. Patrons may not stop, walk the opposite way, or hold onto the wall.
6. Do not stack or stand on the tubes.
7. No horseplay or dangerous activities. No diving.
8. Children under 1 must be held by an adult able to ride unaccompanied.

#### **PRACTICE HEALTHY SWIMMING HABITS**

Under Health Department standards, adopted on the recommendation of the Centers for Disease Control, accidents involving fecal matter now require longer pool closure. Prevention is far better than contamination, so please follow the CDC's healthy swimming habits.

1. Children (and adults) who have had diarrhea in the last two weeks shouldn't go swimming.
2. Use the bathroom before getting into the pool. Take frequent bathroom breaks and check diapers often.
3. Take advantage of the Safety Break to use the bathroom.
4. Shower before entering the pool and after using the toilet.
5. Change diapers in the bathroom (not the pool area). Throw diapers away in trash receptacles. Do not dispose of in toilets or rinse in showers/sinks.
6. Avoid swallowing pool water or even getting it in your mouth.
7. Children who are not yet toilet trained must wear snug fitting plastic pants over a clean swim diaper. A bathing suit must be worn over the plastic pants.

## APPROVED SWIM ATTIRE



2 piece  
Tankini



Swim/Surf  
Shirt\*



2 piece  
Bathing Suit



1 piece  
Bathing Suit



Swim Trunk



Swim/Surf  
Shirt\*



Plastic Pant  
or Rubber Diaper



Long Swim  
Briefs



Short Swim  
Briefs



Religious Swimwear\*

No undergarments may be worn

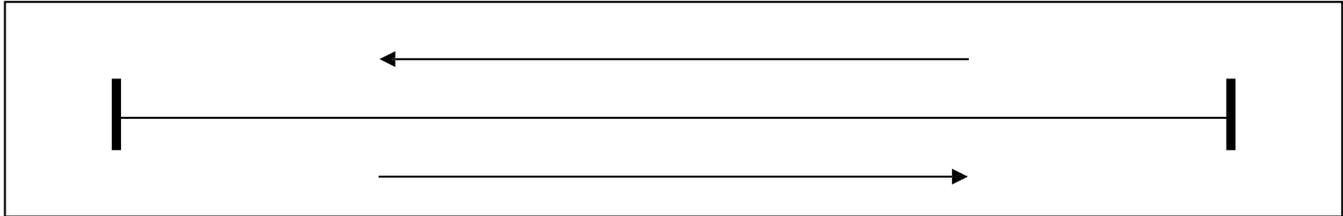
\* When purchasing, please confirm that this item is specifically made for swimming or swimming pools

## LAP SWIMMING ETIQUETTE

Swimmers should swim counter-clockwise near the lane markers. Circle swimming is the default rule for all lap lanes.

### Two Swimmers per Lane:

1. Select a lane appropriate to your speed – slow, medium, or fast.
2. Stay to one side of the black line.



### Three or more Swimmers per Lane:

1. Select a lane appropriate to your speed.
2. Swim to the right of the black line, in a circular pattern.
3. Be sure to communicate with others in the lane to begin circular swim.
4. Turn at the center of the wall to avoid collisions.
5. Move to another lane if you are too slow or too fast for the lane you're in.



### To Pass a Slower Swimmer:

1. Pass at the end of each lap, after tapping the foot of the swimmer in front. The swimmer being passed should wait on the right side of the lane.
2. If the left side of the lane is clear, pass swimmer on the left. Be sure there are at least five yards of clear water to the wall, before passing.

Lap lanes are intended for multiple swimmers. Please consult with the pool operator for assistance. Failure to comply will result in removal from the facility.