

# **COSTICK POOL RULES AND REGULATIONS**

1. Facility lifeguards are trained to prevent accidents and perform basic first responder care. Direct and constant supervision of children is the responsibility of parents and adult guardians.
2. Any child still in diapers must wear a swim diaper, not a regular diaper, as well as a bathing suit to cover it.
3. Children 9 years and younger must be accompanied by an adult in the pool area.
  - a. A child must have passed a shallow or deep-water swim test (depending on which end they are swimming in), swim one length and back of whichever end of the pool they will be using, and tread water for 1 minute.
4. Enter and exit the pool area through the locker rooms only; do not use the employee office entrance.
5. Participants may not enter the pool area unless a lifeguard is on duty.
6. Please ask for lifeguard or supervisor's assistance with the chair lift to get in and out of the water.
7. Avoid water activity if you have had diarrhea or a contagious disease within the past two weeks.
8. Showers are required before entering the pool.
9. A person shall not spit in, or otherwise pollute, swimming pool water or related facilities.
10. Food/drink not permitted in the pool area. Alcoholic beverages are prohibited. Plastic water bottles only, no glass. Gum is prohibited.
  - a. Swimming under the influence of alcohol is prohibited.
11. Appropriate bathing attire is required for swimming. Please no T-shirts, woven fabrics, or street clothes in the water.
12. Absolutely no organized coaching, practices, or instruction permitted on the Costick Center property unless authorized by facility management.
13. Street shoes are prohibited on the pool deck.
14. No running, pushing, dunking, shoulder rides, or horseplay is allowed.
15. No diving in the shallow end of the pool (only jumping in feet first is allowed); diving can only be done in the deep end.
16. Any and all flotation devices or life jackets must be U.S.C.G. approved.
17. The Costick Center schedule is subject to change without prior notice due to reasons beyond our control. Several other rules and guidelines are posted in the Aquatic Center. Employees of The Costick have the authority to enforce any policy that will help ensure the safety or enjoyment of guests and staff.
18. To maintain the privacy of our guests, camera images should be restricted to your family and friends. Conventional and cell phone cameras are strictly prohibited in locker rooms and restrooms.
19. The City of Farmington Hills is not responsible for lost or stolen items.

**THANK YOU AND ENJOY YOUR SWIM!**