



Common Courtesies and Pool Rules of the Sussex Academy Aquatic Center (SAAC)

We wish to work **together** with you to create a SAFE, CLEAN, HEALTHY and FUN facility for ALL.

The mission of the pool is aligned directly with the Sussex Academy School Attributes. We, the staff, abide by and are expecting all those who swim at the pool to abide by the following attributes:

"We act with integrity and honesty, with a strong sense of fairness and justice and with respect for the dignity and rights of people everywhere.

We take responsibility for our actions and their consequences."

Safety:

1. Always swim when a lifeguard is on duty AND on deck. There may be times when only one lifeguard is in the facility. If the lifeguard asks you to exit the pool so that they can take a quick relief break, we appreciate you following the lifeguards requests and instructions.
2. Whistle blows:
 - a. One loud QUICK blow = the lifeguard is trying to get someone's attention.
 - b. One loud LONG blow = there is an emergency and please look to the guard.
 - c. Three loud QUICK blows = exit the pool as quickly and safely as you can.
3. If you have any issues (medical or other) that the lifeguard or aquatic staff should be aware of, **in addition** to adding it to your Emergency Form, we encourage you to also verbally mention it to staff so that we can always make sure your safety is our priority.
4. **We must have your driver's license on file before you can use the facility.**
5. Please bring your towel, non-slip water shoes AND your car keys into the pool area with you each time so that if you had to exit the facility quickly, you would also be able to leave the grounds.
6. If you wear water shoes into the pool, they should NOT be worn outside. Your water shoes should only used for pool usage.
7. **Always be prepared to quickly evacuate the pool and the pool area when the alarm goes off.**
8. When speaking with the lifeguard, please do not block their view of the pool.
9. **Children under 5 should not be in the pool without a parent or guardian (at least 14 years old) and should always remain within arms reach.**
10. **Children who must wear a flotation devise can NOT go into the deep end unless a responsible adult (over the age of 18)**
11. **During thunder or lightening, the pool must be evacuated for 30 minutes after the last sound or strike as per the State Code. Follow the lifeguards' instructions. No refunds will be issued.**
12. **During any emergency situations, please look to the lifeguard and follow their instructions.**
13. **Our hours of operation and lane availability are subject to change. We always encourage you to check our website for any updates before heading to the pool: www.sussexacademy.org**
14. Glass containers on the pool deck or in the locker rooms are prohibited.



15. Always walk on the pool deck, in the lobby and locker rooms.
16. Dunking, horseplay or any other dangerous conduct is prohibited.
17. Diving is not recommended without supervision of a lifeguard or coach.
18. No flipping from the diving board or side of the pool.
19. New swimmers who want to go into the deep end without a parent or adult must pass a swim test preformed by a lifeguard, not a parent or friend. Please see the lifeguard to give the swim test.
20. If there is ever a time when you or your child has blue lips and are shivering, this is a sign to exit the pool. During the competitive swim season (mid November to mid February) the pool temperature is reduced from around 83 degrees to around 80 degrees.
21. There are 2 first-aid kits in the pool area. There is one hanging on the wall on the left after the main pool entrance and one is kept on the lifeguard chair on the opposite side of the pool from the main entrance.
22. The backboard, AED and emergency phone are also kept on the wall on the left as soon as you enter the pool.

Courtesy:

1. **BOTH ADULTS and CHILDREN must discard gum before entering the aquatic center.**
2. Eating and drinking is reserved for the **POOL LOBBY ONLY** (except for CLEAR liquids). There must be no food, GUM or drinks on deck or in the locker rooms, except for non-glass water bottles.
3. **No smoking or tobacco products allowed on school grounds.**
4. There must be no denim, including and not limited to jeans and cut-off shorts.
5. Remove all jewelry that may come loose while swimming. Swimmers have unfortunately lost wedding bands and meaningful or expensive jewelry while swimming.
6. Only our flotation devices are permitted except on special occasions.
7. Offensive language and inappropriate behavior is prohibited.
8. As per Health Code, any person suspected of being under the influence of alcohol or drugs will be prohibited from accessing the pool.
9. We encourage you to lock-up your personal belongings. Do not leave any important personal belongings on the pool deck, on the bleachers, in the lobby or in the locker rooms un-secured, as we are not responsible for your items. (Except for those items mentioned under "Safety" #2.)
10. **Lane Sharing:** There might be times when lane-sharing will be required. Our 8 feet wide lanes can accommodate several swimmers at one time. If all of the lanes are full when you arrive, take a minute to observe which swimmer you might match-up with according to swim level. Once you pick a lane, sit on the edge of the pool and wait for the swimmer to swim to the side. Put your hand or a kick board under the water to get their attention and let them know you will be joining them in their lane. We use Circle Swim rules: Similar to the rules of the road, swim on the right side of the lane and if you need to pass a swimmer, go around them on their left.
11. We do not provide refunds.
12. It is recommended that you check our website before coming to the pool to see if there are any changes to the daily schedule or in the hours of operation.
www.sussexacademy.org
If there is a circumstance where the pool must CLOSE due to inclement weather, this information may also be posted on WBOC.



Health and Hygiene:

1. If you have any kind of infection, open sore, rash or any bandaged injury; please refrain from using the pool. Lifeguards on duty reserve the right to refuse access to anyone with evidence of the aforementioned.
2. State Code mandates showering before entering the pool to remove deodorants, lotions, hair products, make-up etc. to maintain pool cleanliness.
3. Wear appropriate footwear in the locker rooms and showers.
4. Children who are not 100% toilet trained must wear swim diapers (not a disposable diaper) AND rubber pants over their swimsuit. The pool may have these to sell to you.
5. Diapers must only be changed in the restrooms in the lobby where changing tables are provided.

Please notify a staff member immediately if you have any questions or concerns so that they may be addressed as soon as possible.

Thank you for your compliance.

Failure to follow rules in accordance with policies may result in being asked to leave the pool or you may be suspended from facility usage. All enforcement of rules is left to the discretion of the lifeguard and the Aquatic Center staff.

Please check off each before signing:

- I agree that I am at least 18 year-old and have read and understand all of the rules.
- I agree to follow these rules and explain them to all those who are in my care.
- I understand that I cannot have more than 6 under my individual care at one time.
- I understand that I must provide an emergency contact phone number and signed waiver for each child who is not my own.
- I have received a copy of these rules.
- I agree that a staff member at the Aquatic Center has gone over these rules.
- I agree to assume full risk of injuries that I or my minor child/ren may sustain, as a result of participating in all of the activities connected to the Aquatic Center. I agree to indemnify, hold harmless and defend Sussex Academy and the Aquatic Center for any and all injuries, damage, or loss on behalf of myself or my minor child/ren may have against the School or the Aquatic Center as a result of my participation and or my child/ren participation.

Printed Name: _____

Signature: _____

Spouse or Partner Printed Name: _____

Spouse or Partner Signature: _____

Date: _____

