

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

302-856-7805 www.sussexacademy.org

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 lifeguard’s instructions.
2. Whistle blows:
 - a. Two quick whistle blasts = the lifeguard is trying to get someone’s attention.
 - b. Three loud QUICK blows = there is an emergency and please exit the pool and look to the guard for further instructions.
3. If you have any issues (medical or other) that the lifeguard or aquatic staff should be aware of, (in addition to adding this information when you registered) we encourage you to also verbally mention it to staff so that we can always make sure your safety is our priority.
4. **The 1st time you enter the facility, we must scan your driver’s license. This only has to be completed one time.**
5. **Every individual must sign-in or scan-in at the front desk at EVERY visit.**
6. 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.
7. Always be prepared to evacuate quickly when the alarm goes off.
8. 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.
9. An individual must be at least 14 years-old to attend the pool without an adult.
10. Children who must wear a flotation device can NOT go into the deep end unless accompanied by a responsible adult (over the age of 18).
11. **During thunder or lightning, 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. Glass containers are prohibited on the pool deck and in the locker rooms.
13. Always walk, don’t run, on the pool deck, in the lobby and locker rooms.
14. Dunking, horseplay or any other dangerous conduct is prohibited.
15. Diving is not permitted in the shallow end and is not recommended without supervision of a lifeguard or coach from the blocks.
16. No flipping from the diving board or side of the pool.
17. New swimmers who want to go into the deep end without a parent or adult must pass a swim test performed by a lifeguard. Please see the lifeguard to receive the swim test.

18. If there is ever a time when you or your child have blue lips and are shivering, this is a sign to exit the pool. The pool temperature stays around 83 degrees.
19. There are 2 first-aid kits in the pool area. There is one hanging on the wall on the left inside the main pool entrance and one is kept on the lifeguard chair on the opposite side of the pool from the main entrance.
20. The backboard, AED and emergency phone are on the left at the main pool entrance.

Courtesy:

1. **Our hours of operation and lane availability are subject to change.** 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
2. **BOTH ADULTS and CHILDREN must discard of gum before entering the aquatic center. If it is dropped on the aquatic center floor, it will not come out!**
3. **There must be no food, GUM or drinks on deck or in the locker rooms, except for non-glass water bottles.**
4. No smoking or tobacco products are allowed on school grounds.
5. There must be no denim in the pool, including no cut-off shorts.
6. Remove all jewelry that may come loose while swimming.
7. Your water shoes should only be for pool usage and not also worn outside.
8. Only our flotation devices are permitted except on special occasions.
9. As per Health Code, any person suspected of being under the influence of alcohol or drugs will be prohibited from accessing the pool. Offensive language and inappropriate behavior is prohibited.
10. We encourage you to lock up any important personal belongings. as we are not responsible for lost, stolen or broken items
11. **Lane Sharing:** There might be times when lane sharing will be required. Our 8-foot-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.
12. We do not provide refunds. There is a \$20 fee for returned checks
13. **If there is a circumstance where the pool must CLOSED 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, you must 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). We sell pool diapers in the lobby. Please see the front desk staff.
5. Diapers must only be changed in the restrooms in the lobby where changing tables are provided.
6. Please dispose of all diapers in a tied plastic bag before disposing in trash cans.



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 years 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 must provide an emergency contact phone number for each child who is not my own.
- 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's participation.

Printed Name: _____

Signature: _____

Spouse or Partner Printed Name: _____

Spouse or Partner Signature: _____

Date: _____

List all those who are under your care: (For those bringing drop-in guests or having parties.)

Printed Name: _____

Signature: _____