

Common Courtesies and Pool Rules: 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: Updated April 17th, 2019

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. **Every individual must sign-in/scan-in or check-in at the front desk every time you enter the facility.**
3. **The 1st time only when you visit the facility, we must scan your driver's license.**
4. **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.**
5. 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.
6. We encourage you to verbally mention to staff (in addition to adding this information on the Emergency Form) if you have any medical or other issues.
7. Bring your towel, non-slip water shoes AND your car keys into the pool area with you each visit so that if you had to exit the facility quickly, you could also leave the grounds.
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 of the parent or guardian.
9. An individual must be at least 14 years old to attend the pool without an adult.
10. Children who must wear any type of flotation device can NOT go into the deep end unless accompanied by a responsible adult (over the age of 14).
11. New swimmers age 14 and under 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.
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. No flipping into the pool.
16. If there is ever a time when you or your child have blue lips and are shivering, please exit the pool and warm up. The pool temperature is usually around 83° F.
17. There are 3 first-aid kits in the pool area. There is one hanging on the wall on the left as you enter the pool area, next to the AED and backboard. One is kept in a bag under the backboard. One is kept on the lifeguard chair on the opposite side of the pool from the main entrance, near lane 8.
18. Only our flotation devices are permitted except on special occasions. Swimmies that go on each arm and innertubes can be dangerous unless a responsible adult is within arm's reach and keeps a close eye at all times.
19. No breath-holding games are permitted. If you are an adult and are practicing this skill, please notify the lifeguard on duty before entering the pool.

Courtesy:

1. **Our hours of operation and lane availability are subject to change.** It is recommended that you check our website before each visit to see if there are any changes to the daily calendar or in the hours of operation. www.sussexacademy.org
2. **Typically, when Sussex Academy is closed due to weather, the pool will also be closed, but this is not always the case. If there is a circumstance where the pool must CLOSE, this information will be posted on our website and might also be posted on the WBOC website only. The closing will NOT be rotating at the bottom of the WBOC screen. You might also receive an email if you have provided your email address.**
3. **BOTH ADULTS and CHILDREN must discard gum before entering the aquatic center. If it is dropped on the aquatic center floor, it will not come out!**
4. There must be no food, GUM or drinks on deck or in the locker rooms, except for non-glass water bottles.
5. Only SAAC instructors and coaches are permitted to provide instruction.
6. No smoking or tobacco products are allowed on school grounds.
7. There must be no denim in the pool, including no cut-off shorts.
8. 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.
9. **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 typically 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 unless you make different arrangements with your co-swimmer.
10. We do not provide refunds. There is a \$20 fee for returned checks
11. Remove all jewelry that may come loose while swimming.
12. We encourage you to bring a lock and lock up any important personal belongings as we are not responsible for lost, stolen or broken items. However, locks must be taken off at the end of each visit.
13. Keep your cell phones put away, especially while in the bath & locker rooms.
14. Family Changing room and restroom is down the hallway (near the front desk). Do not use the restrooms to change, either use the locker rooms or Family Changing room.

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. Your water shoes should only be for pool usage and not also worn outside.
4. Children who are not 100% toilet trained must wear swim diapers (not a regular disposable diaper). We sell pool diapers in the lobby. Please see the front desk staff.
5. Diapers must be placed in a tied plastic shopping bag before disposing in trash cans. Diapers should only be changed in the restrooms where changing tables are provided.



We are unable to address any concerns if we are unaware they exist. Please notify a staff member and supervisor immediately if you have any questions or concerns so that they may be addressed as soon as possible.

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 have read and understand all of the rules and common courtesies.
- 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 form that includes contact phone number for myself and for each of my guests.
- 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: _____

Email Address: _____

Date: _____

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

Signature: _____ Date: _____