

# Middleburg Heights Community Center Pool Rule Handbook



**Aquatics Hotline: 440-239-6312:** Call anytime for up to date announcements on outdoor pool closings due to weather.

**Members & guests are responsible for all current pool rules and policies.**

**Middleburg Heights Community Center  
16000 E. Bagley Road | Middleburg Heights, Ohio | 44130  
440.234.2255**

**[Middleburgheights.com/aquatics/](http://Middleburgheights.com/aquatics/)**

# **Welcome to the Pool!**

*Reminder to Parents & for your child's safety: All children under age 8 must be directly supervised (within arms reach) by an adult or a responsible student age 15 years or older at all times unless they are enrolled in an organized program. One adult may directly supervise 2 children under age 8. Children under age 8 may not roam between the pools without direct supervision.*

**Please remember that there is no substitute for a parent's vigilant observation of their own child!**

Swimmers with known medical conditions (diabetes, asthma, heart condition) are encouraged to wear I.D. tags and to inform a lifeguard on duty.

A water wheelchair is available to any swimmer who has difficulty walking.

## **Posted Pool Safety Rules:**

1. Children under the age of 8 must be accompanied by an adult at all times.
2. No running on pool deck.
3. No head first diving allowed.
4. No rough play in or out of the water.
5. No pushing or shoving.
6. Toddlers must wear swim diapers. \$2.00 at the front desk.

**The following rules are designed for safety and for everyone's enjoyment of the water:**

**Proper swim attire:** Swimmers must wear bathing suits (any swimwear deemed inappropriate by supervisors is not permitted). Cutoffs, sports bras, spandex shorts, gym shorts, shirts and/or leotards are not permitted. Adults (18 & over) may wear T-shirts. Persons in swimsuits are NOT permitted outside of the aquatics area or locker rooms.

**T-Shirts:** are permitted for adults (18 & over) only. Adults wearing shirts may not use the slide & are cautioned to beware of entanglement near any water feature. Children are not permitted to wear t-shirts anywhere in either the indoor or outdoor pools. Fitted UV swim shirts are permitted and encouraged.

**Floatation Devices:** A parent (or a responsible adult) must also be *in the water* with any non-swimming child wearing any type of floatation devices and *be within arms reach of the child*. This would include noodles, water wings, swim suits with built in floatation, and baby seat floaters. Children may play in the indoor kiddie section with floatation devices if the parent is visibly watching from the deck.

**Non-toilet Trained Swimmers:** Swim diapers are required at this facility and are for sale at the front desk. Diapers and swim suits are to be changed in the rest rooms at all times, not on the pool deck or hallways. Help us keep our pool open! A fecal accident in the water is a health hazard and requires the closing of the pool for a minimum of 30 minutes. **Please...no diaper changing on the pool deck!**

**Locker Rooms:** Children of the opposite sex are not permitted in the locker rooms. Family changing rooms (for families with children 7 and under) are available for your use.

**Eating/Beverages:** WITH THE EXCEPTION OF WATER, IT IS NOT PERMITTED ON THE INDOOR OR OUTDOOR POOL DECKS! Please take ALL food/drinks to the casual activity area (shoes & swimsuit cover is mandatory) or outdoor concession area. Closed plastic water bottles are permitted in both pools.

**Cooler & Bag Inspection:** Patrons bringing large bags or coolers into either pool area may be asked by a front desk or guard shack employee to open their belongings. If prohibited items are found you will be asked to take them back to your car. Non compliance will result in a call to the building supervisor or the local police department.

**Slide Height:** Both the indoor and outdoor slides have a minimum height requirement of 48 inches. This is a state requirement and we do adhere to it strictly. We have measurement devices at the tops of both slides and guards are instructed to measure every child every time. If your child is denied use due to height and you would like a second opinion, please ask any lifeguard to contact their supervisor and someone will assist you in a timely manner.

**Pool Slide Rules:** Riders will line up at the bottom of the slide. This is to allow the lifeguard at the top of the slide access to the bottom in case of an emergency. Riders must sit in an upright position or lay on their back, feet first. No stopping, kneeling, or standing on the slide. No running on stairs or platforms. No forming chains on the slide. Keep hands inside the flume at all times. No goggles to be worn on face or head. Exit the splash pool immediately. No spectators permitted on stairs or platforms. Parents may not wait in the splash pool area to catch a child. If a child is tall enough, but can noticeably not swim well enough to exit splash area on their own, the child will be restricted from using the slide.

**Toys:** The only toys permitted in the indoor pool are soft baby toys, which must remain in the kiddie area with supervision by an adult. Toys such as diving rings and soft sticks will be permitted in the outdoor pool with restriction.

These may not be thrown or used as weapons. The lifeguards have the authority to restrict the use of these toys at any time. Soft sponge balls, beach balls, and soft baby toys are also permitted in the outdoor pool. *Inflatable toys are allowed in both pools as long as a parent is within arms reach.* Balls and other toys that are thrown are not permitted in the indoor pool. Diving sticks, rings, and hard objects are not permitted in either pool. Beach balls are permitted in the kiddie section only. Any swimming device that binds or restricts the legs is prohibited.

**No Head First Diving:** Both pools are shallow, no diving in either pool.

**Chaise Lounge Chairs:** Are reserved for adults and children age 15 & over only. Please be considerate of other adults, especially when the pool is crowded. Do not store personal belongings on chairs if there is not an adult user present.

**Inclement Weather:**

**Outdoor Pool:** Must be closed immediately upon seeing lightening or hearing thunder. All patrons must evacuate the outdoor pool deck as quickly as possible and come into the indoor pool area. The outdoor pool may re-open after 30 min. of no heard thunder or seen lightening.

**Indoor Pool:** Is grounded and is most likely not a problem. However, if a storm is directly overhead and a supervisor determines there could be danger, the indoor pool may be closed. All patrons must wait in the locker rooms until signs of danger have passed. Absolutely no refunds will be given for Inclement Weather.

**Back Gate:** Please keep chairs & personal items clear of the gated area of the outdoor pool. Emergency vehicles must be able to enter here. We reserve the right to ask you to move to a different area of the pool deck if in violation.

**The zero depth areas and play features:** Those areas are for children age 8 and under with adult supervision. The adult does not need to be in the water but must be watching the child in close proximity.

**Rest Periods:** Rest periods will be called every 50 minutes at 10 minutes until each hour. All children must clear the water (including the spa for those under the age of 18) during rest periods. Adults 18 and over will be permitted to swim. The deck showers may not be used as a water play feature during rest period.

**Indoor Zero Depth (Kiddie Section):** For children ages 8 and under accompanied by an adult. Children 48" or taller are not permitted down the slide. Parents are NOT allowed to go down the kiddie slide with children.

**Lap Lane Policy:**

When more than 2 swimmers share a lane, please circle swim in a counter clockwise direction. The supervisor on duty will determine the number of lap lanes during open swimming sessions based on bather load. Normally one lane should be open. During open swim sessions, one lap lane will be available for Adult use only or children with approval from the guard who want to do serious laps (such as swim team type people). Water walkers should be directed to the current channel or outside of the lap area if there are serious swimmers in the lanes. During scheduled programs, such as Learn to Swim or Water Exercise, the lap lanes will be closed off to patrons and only those in the programs may use them.

**Spa:** For adult use only. Youth under 15 years of age are not permitted to use the spa. Children are never permitted to sit or stand on the rim of the hot tub. Soap shower in locker rooms before entering. Patrons who are elderly, pregnant, suffering from heart disease, diabetes, or high/low blood pressure should not enter without prior medical consultation and permission. Do not use this facility while under the influence of alcohol, tranquilizers, or other drugs that may alter blood pressure. Time limit not to exceed 15 minutes. Longer exposure could result in nausea, dizziness, or fainting. Maximum capacity of 12.

**Sauna and Steam Room Rules:** You must wear a swimsuit and sit on a towel upon entering. Shoes must be removed and left outside the sauna/steam room area. Flip flops/sandals are permitted. Patrons who are elderly, pregnant, suffering from heart disease, diabetes, or high/low blood pressure should not enter without prior medical consultation and permission.

Do not use this facility while under the influence of alcohol, tranquilizers, or other drugs that may alter blood pressure. Time limit not to exceed 15 minutes. Longer exposure could result in nausea, dizziness, or fainting. Youth under 15 years of age are not permitted to use this facility.

**Indoor Current Channel:** Youth and Adult swimmers can ride an inner tube or try to swim/walk with or against the force of the 3-5 mph current. Scheduled Adult Only water walking occurs Monday-Friday 6:00 am-10:00 am, and Saturday 9:00 am - noon.

**Floating Foam Animals:** No pulling animals down under the water surface. No diving or jumping from the animals. Swimmers may not remain under or swim under the animals.

**Train Slide:** For children age 6 and under and under 48" tall. A parent must be directly supervising children in this area.

**Lily Pads:** Users must be able to comfortably reach the rope to go across alone. Smaller children may be walked across by holding an adults hand, while the adult is in the water next to the lily pads. No crawling, sliding, or running across lily pads. Users will line up single file on the north side of the pool and proceed across the lily pads to the south side. No line cutting. Users who fall off may not attempt to climb back up but must swim to the exit ladder on the south side. No fighting, pushing, or rowdy play on or around lilies.

**Thank you for your adherence to these rules and we wish you a safe and enjoyable experience at the pool.**

*Rules/Policies/Schedules may be changed at the discretion of the Aquatics Director based on class registrations, weather, and special events.*