



Hiddenbrook Swim & Tennis Club Pool Rules

The following rules are established for the protection of members and guests of the Swim and Tennis Club. The rules are intended to assure safe and sanitary operation of the pool facilities. Parents are urged to read discuss these rules with their children. The pool and its facilities are operated to assure the enjoyment and safety to members and guests. However, the Club will not be responsible for loss, theft or damage to personal property.

The enforcement of these rules, which apply any time the pool is open, is the duty of the Pool Manager and Lifeguards. Violators of these rules may be expelled from the pool area; repeated violators will be referred to the Board of Directors of the Swim & Tennis Club.

General Rules

1. No person is allowed in the pool unless a Lifeguard is on duty.
2. All members and guests shall obey all instructions and directions of the Pool manager and Lifeguards.
3. Drive slowly in the parking area.
4. Bikes shall be parked in the designated area.
5. No overnight parking.
6. Do not blow horn when summoning children.
7. No loud, abusive, or profane language or other breach of good behavior will be tolerated.
8. No intoxicated persons shall be allowed in the pool area.
9. Trash and litter shall be placed in proper containers.
10. No roughhousing, dunking or rough play will be permitted on the deck, in the pool, on the diving board or in the changing rooms.
11. No running on deck. No climbing on the gates.
12. No diving into shallow water (less than 4 feet).
13. No glass or other breakable objects shall be permitted in the pool enclosure.
14. No gum, or tobacco product is permitted anywhere on Hiddenbrook grounds.
15. No spitting, spouting water, or blowing nose in the pool.
16. A responsible parent or guardian must closely supervise all children, swimming and non-swimming, at all times.
17. No tennis or hard balls shall be permitted in the pool area.
18. Floating toys may be permitted **ONLY IN THE SHALLOW END OF THE MAIN POOL** and shall not exceed 16" in the largest dimension.
19. Proper swimming attire shall be worn when in the pool.
20. A shower must be taken before entering the pool.
21. No jumping or diving into or over the lap lane when it is in use.
22. Food must be consumed either in the picnic area or at a table on the pool deck. Users are responsible for cleaning up.
23. No talking with or otherwise distracting Lifeguards on duty or in the Lifeguard stand. Please direct questions to Lifeguards in the pool entry area.
24. No food or drink is permitted at the Foosball table. Noise levels must be kept reasonable. The table is for use by everyone, please take turns.

Admission

1. A photograph of all pool members over the age of two will be kept in a photo album to be used by the lifeguards for identification purposes. If you have not submitted a photograph to the Hiddenbrook Swim and Tennis Club you will be denied entry to the pool. You may also be asked to present a valid photo-ID at time of entry. All members bringing a guest must have a pre-paid guest pass or pay by check only, three dollars per guest to be given to the lifeguard at the gate. It is required all guest passes be relinquished to the gate attendant for admission to the pool. Guest passes can be kept on file at the pool.
2. Children under 11 years of age must be accompanied by a parent, guardian, or designated person 13 years or older (latter must have written permission) while in the pool area. Parents must accept all liability for their children's actions.
3. Members age 11 and 12 shall be admitted without adult supervision (as stated in item 2) **only if** they have passed the advanced swimming test **and** written permission has been given by the parent and filed in the membership photo ID book. A parent or legal guardian shall be present when the child takes the swimming test. Guards may re-test at any time they feel swimming ability is questionable.

The Advanced Swimming Test shall consist of:

Swimming a lap of the pool (across and back) non-stop, and treading water for a 2 minute period

Guests

A guest is anyone who does not permanently reside at the home of the certificate holder. Certificate is for one household only. A seasonal nanny pass may be requested for adults who do not reside in a member household that wish to accompany member children under the age of 13 to the pool. If approved, a photo of the adult must be provided and cost of \$50 per season paid to the Hiddenbrook Swim and Tennis Club prior to use. Members may bring guests to the pool under the following provisions:

1. Guest must register with the gate attendant. Guest fees (per day) will be \$3 or 1 guest pass unit.
2. Guest passes with 10 units will be available to members for the following costs:
 - First guest pass per season.....\$10.00
 - Second guest pass per season.....\$20.00
 - Third & additional passes per season.....\$30.00These passes are valid from year to year.
3. The guest fees may be prepaid, but under no circumstances will credit be extended.
4. Persons not in swimwear will be allowed to watch without paying a guest fee.
5. Members must accompany and remain with their guests while using the facility. Guests will not be allowed to remain at the pool if their sponsoring member has left. Members are responsible for the conduct of their guests.
6. No member family shall have more than four guests (or one guest family) at one time.
7. The pool may be closed to guests at the discretion of the Pool Manager.
8. Members must be at least 13 years of age to bring a guest.
9. Birthday parties are allowed; up to 3 tables may be reserved (in advance) with a max of 20 people, 1 adult must be present for every 5 children.

Please do not plan parties on holidays. All guest policies apply

Pool Operations

1. The pool will open on the Memorial Day weekend and close on Labor Day. See the Mainstream for hours of operation.
The pool maybe closed for inclement weather, swim team meets, or other extraordinary conditions.
2. In case of inclement weather, the pool will close at the Manager's discretion and will reopen when deemed appropriate. Users must be out of the pool and off the deck area during this time.
3. Any injuries must be reported to the Management.
4. Between 12pm and 7pm, there will be a 15-minute break every hour, starting at the three-quarter hour. Only those 16 years of age and older are allowed in the pool at this time. Sitting on the edge of the pool at break is prohibited.
5. Persons must stay clear of the Lifeguard stations and must not engage the guards in lengthy conversations.
6. Infants under 1 year old will be allowed in the shallow end of the pool during break, in the arms of an adult.
7. Supervision of children in the wading pool is the responsibility of an adult or teenage babysitter. **CHILDREN SHALL NOT BE LEFT UNATTENDED.** Use of the wading pool shall be limited to children 5 and under.
8. Infants, babies, and toddlers who are not toilet trained are required to wear swim diapers. Swim diapers are to be changed frequently and disposed of properly.
5. Children 10 and under must pass the 'basic swimming test' administered by the lifeguards and receive a wristband permitting them to swim in the deep water alone. Guards may re-test at any time they feel swimming ability is questionable.

The Basic Swimming Test shall consist of:

Swimming the length of the pool nonstop, and floating and/or treading water for a one-minute period.

Diving Rules

1. Only one person on the diving board at a time. No more than one bounce, no horseplay allowed.
2. Diver must be out of the diving area before the next diver enters the pool.
3. No dive may be made from the side of the board, or in a direction other than forward.
4. No floats, balls, or toys are to be taken onto the board.
5. Children who have not passed the basic swimming test may not use the board.

Sanitation

1. Fairfax County code states that a shower must be taken before entering the pool area. The shower removes body oils, perfumes, etc., which reduces the amount of chemicals that must be added to keep the pool chemically balanced. For this reason, we require all swimmers to take a shower prior to entering the deck area.
2. Misuse of the showers can mean expulsion from the pool area.
3. Parents are urged to encourage children to use the toilet facilities before entering the pool and whenever necessary thereafter.
4. No pets are permitted in the pool area.
5. Street clothes, especially cutoffs, will not be permitted for swimming.
6. Persons who have any communicable health problems will not be admitted to the pool.
7. If fecal material is found in the pool, access to the pool will close for an appropriate time (at the manager's discretion) to clean up the contaminated area and add additional chemicals. For informational purposes, it takes the filtering system 7 hours to completely recycle the pool water. 5/11