

Sideburn Run Pool Rules

(Note: Unless otherwise noted, the word "pool" includes both the main and the baby pool.)

The following pool rules have been developed to assure safe and sanitary operation of the pool and associated facilities. These rules are required for the protection of all members and their guests and to insure their enjoyment of the pool and facilities.

ALL POOL MEMBERS MUST CHECK IN AT THE FRONT DESK BEFORE ENTERING THE POOL COMPLEX. All members will be required to have a picture on file in the Club Sentry system. Members will need to present their Membership Number as part of the check-in process. Members' guests must be registered and pay appropriate guest fees at the time of entry.

All persons using the pool facilities or entering the pool property do so at their own risk. The pool is not responsible for lost or stolen items. A lost and found area is located in the small pavilion. Members are responsible for ensuring that all persons of their household and their guests observe and obey these rules and regulations.

The Lifeguards and Manager-on-Duty have the authority to enforce more stringent rules than those listed here to ensure the health, safety, and comfort of all participants. Participants not abiding by these rules may be asked to leave the facility and may also be subject to suspension or termination of facility privileges.

General Safety

1. Walk at all times while in the pool area.
2. No diving in the shallow end of the pool or in any area marked "NO DIVING."
3. No "horseplay" in and around the pool. The use of balls and other pool toys for careful play on the pool deck is at the discretion of the lifeguards.
4. No playing on ladders, stairs, ropes, fences or with rescue equipment.
5. **Children under age 10 are not permitted at the pool without a designated parent or responsible supervisor. The responsible supervisor must be at least 13 years old. After 6 p.m., children under the age of 13 must be accompanied by a designated parent or responsible supervisor over 18 years old.**
6. Persons wishing to enter water deeper than the level of their shoulders must be able to swim one length of the pool while remaining in a horizontal position without stopping or repelling from the sides or the bottom, or accompanied within arms-reach by a competent swimmer 13 years of age or older.
7. Children under 13 years of age must pass the Safety First test administered by pool staff to be in the diving well, whether diving or swimming. The test consists of the following: Swim one length of the pool, tread water for one minute, and float for one minute.
8. Children under 5 years using either pool must be accompanied by a responsible supervisor who shall remain within reach of the child at all times.
9. For your safety, only Water Wings or United States Coast Guard-approved personal flotation devices (life vests) may be used in the pool. Persons using such devices are required to be accompanied, within arm's reach, of a responsible supervisor. See "Other Rules" below regarding rafts and other flotation devices. Special considerations for persons needing alternative floating devices.
10. Extended breath holding and other hypoxic workouts are not permitted.
11. Swimmers MUST stay off lap lanes, ropes, safety lines and lifeguard stands.

12. Spouting water and other unhygienic actions will not be permitted in the pool area.
13. Members shall drive slowly and carefully in the parking lot area. Bikes must be locked in the bike racks outside the main pool entrance. Skateboarding, scooters and rollerblading will not be allowed inside the fenced area or in the parking lot.
14. All injuries occurring within the pool enclosure must be reported immediately to the Manager-on-Duty.
15. All children under 16 years of age must leave the main pool for a ten-minute period each hour at the designated break. The lifeguards will clear the pool at 50 minutes past the hour and allow swimmers to re-enter the pool at the top of the hour. Members and guests 16 years of age or older are allowed to stay in the pool during the break. Children under 3 years of age are allowed to stay in the pool during the break while under direct control of a responsible supervisor aged 16 years or older.

Pool Closings

In addition to abiding by Fairfax County and State of Virginia Health Code Standards, the pool will be closed for the following reasons:

16. Operational and mechanical difficulties affecting pool water quality.
17. During severe weather conditions (heavy rain, lightning, and thunder) and warnings, especially when visibility to the pool bottom is compromised (deck also closed).
18. For a minimum of 30 minutes following the last occurrence of thunder or lightning (deck also closed). During periods of lightning, members and guests will be cleared from the facility, as soon as reasonably safe.
19. For a period of time following any mishap that results in feces or vomit in the pool water.

Protect our water

20. For your safety and the safety of others (and per Fairfax County Dept. of Health rules), admission to the pool will be denied to all persons having infectious diseases, inflamed eyes, colds, nasal or ear discharges, or any communicable disease of any kind. Persons with excessive sunburns or open sores will also be restricted from using the pool.
21. All bathers who are not toilet trained shall wear a tight fitting swim diaper.
22. Disposable cotton diapers are not permitted in the pool.
23. Please do not use the pool if you or a member of your party has or has had diarrhea in the last two weeks.
24. Report any vomiting or bowel movement accidents on the pool deck, bathrooms, and pools to the Manager-on-Duty.

Use of the Diving Boards, Diving Well, and Diving

25. Only one person is allowed on the diving board steps or board at a time. Taking more than one bounce, running, or loitering on the end of the diving board is prohibited.
26. Only **ONE** bounce is permitted on the diving board per jump/dive.
27. No sitting dives or handstands are permitted off of the diving boards.
28. Diving is permitted only after the previous diver has reached the ladder.
29. Divers must execute dives off the end of the board and jump or dive straight forward off the board (not towards the pool wall).
30. Divers must swim out of the diving area to an appropriate ladder immediately after surfacing.
31. Throwing items to the diver while on the board or while in the air is prohibited.
32. No shoes of any kind, including street shoes, sneakers, sandals, or flip flops, may be worn by persons using the diving boards.
33. Observe all painted "no dive zones" on the deck, and any "no diving" instructions from lifeguards.

34. The pool area between the diving board bases and the dedicated lap lane marker is designated the 'Diving Well' and will be used for diving, unless the lifeguard monitoring the Diving Well closes the diving boards and designates its use for a group game or swimming. **In general, the Diving Well will be open for diving for a minimum of 30 minutes per 50-minute swim session.**
35. There will be no hanging from the board at any time by any person.
36. No person is permitted to remain in the diving well to "catch" or assist others going off the diving board.
37. While the diving boards are closed and the diving area is open for swimming:
 - a. No handstands from coping
 - b. No jumping over persons sitting on the edge of the pool
 - c. No diving in from the "diving board" side of the pool (only from the sides with ladders)

Food and the pool

38. Glass, breakable containers, or similar items are prohibited on the premises.
39. **Members, their children and their guests are expected to leave their area cleaner than they found it by depositing trash in proper receptacles and cleaning any spills. (It is NOT the lifeguards' job to clean up after members).**
40. Alcoholic beverages are permitted ONLY during board-sanctioned events and on Friday, Saturdays and Sundays from 5pm- closing.
41. No food or drink is allowed in the pool.

Consideration for others:

42. To maintain a pleasant and family environment, revealing or see-through bathing suits, thongs, shorts with rivets and clothing generally considered offensive will not be permitted.
43. In consideration of others, amplified music or radios with external speakers will not be allowed. Sideburn Run guards are authorized by the board of directors to play approved music lists during regular operating hours.
44. Illegal drugs will not be permitted in the pool or on its grounds. The Pool is a Smoke Free Zone. Smoking is strictly prohibited inside the property line.
45. No animal shall be permitted within any water recreation facility; provided, however, this section shall not apply to support animals that provide assistance to the physically challenged. Support animals that provide such assistance shall not enter the pool water.
46. Members are responsible for the actions of their guests.
47. Unruly or inappropriate behavior (wrestling, dunking, etc.) will not be tolerated. Profane, loud or abusive behavior is prohibited and is grounds for expulsion.

Wading Pool Rules

48. All children using the Wading Pool MUST be accompanied and closely monitored by a responsible supervisor within the Wading Pool fence.
49. The Wading Pool is for children five (5) years of age or younger.
50. All diaper changing must be performed in the changing facilities provided in our facility bathrooms.
51. No Diving allowed.
52. The wading pool is closed during morning team practices and swim lessons.

Cameras (Video & Still)/Camera Phones

53. SRRA recognizes the desire for individuals to document activities with family and friends; however, this should not infringe on the right to privacy of others.
54. Photographs or videos should not be taken of others without their permission. Camera phones are strictly prohibited from use while in bathhouses.

Raft Night Rules

55. Inner tubes or other rafts may not be used in the Main Pool, except during designated "Raft / Float nights".
56. Rafts shall not be too large as to block the lifeguards' ability to see persons underneath.
57. No standing on rafts.
58. No jumping on rafts from the side of the pool.
59. No rafts are permitted in the lap lane or diving well.
60. **NO** water shooting devices.

Other Rules

61. The use of super soakers or other powerful squirt guns is prohibited. Use of toys may be restricted at the discretion of the lifeguard.
62. SRRA cannot be held responsible for loss or damage to personal property of any kind. Please keep a close watch on personal items and report any suspicious behavior.
63. Obey the lifeguards. Violators will be asked to leave the facility immediately without a refund.
64. No talking with on duty lifeguards unless it is official business or an emergency.
65. Anyone caught vandalizing or destroying pool facilities will be asked to leave for the remainder of the pool season without a refund.
66. The cost of any pool property damage shall be charged to the Member responsible for such damage. If a guest is responsible, damage costs shall be charged to the Member sponsoring the guest.
67. No one is allowed in or around the mechanical room except authorized pool staff.
68. Only necessary short LOCAL calls may be made on the pool telephone.
69. The Manager-on-Duty is responsible for the strict enforcement of the rules and ensuring the facility is operated in a safe and peaceful manner for all to enjoy.
70. The Manager-on-Duty has the authorization to temporarily deprive any member or guest use of this facility and may use discretion in the enforcement of these and other rules and regulations.
71. Only lifeguards, swim/dive team coaches and members of the Board of Directors are allowed in the guard house. Access to others may be granted for first aid or emergency phone usage.