



Clearwater Pool Management's pool safety rules and regulations

These rules follow guidance from governing bodies including the American Red Cross, Virginia Department of Health, Center for Disease Control, and the Occupational Safety and Health Administration with the United States Department of Labor

Pool Entry and Usage

- All persons using the pool (area) must sign in with the lifeguard or pool attendant immediately upon entry.
- All residents and their guests using the pool (area) do so at their own risk;
- Lifeguard is in charge, patrons and their guests must obey the lifeguard;
 - The association and pool management company (including their staff) reserve the right to request residents and their guests to leave the pool area for any infraction of the rules and regulations or unsatisfactory behavior.
- No person shall use the pool unless the pool is officially open and the lifeguard is on duty.
- No children are to be in the pool area without their parents or a guardian unless they are at least 10 years of age.
- Patrons must stay clear of the lifeguard stations and must not interfere with or distract the pool lifeguard;
 - This includes patrons and coworkers. Pool management supervisors stop by periodically and may discuss things with the guard but they know to instruct them to keep their eyes on the pool or focused on their duties.
- No pets.
- No glass.
- The use of profanity or other vulgar language and other unsportsmanlike conduct is strictly prohibited. Violation may result in suspension of pool privileges. This includes interactions with the lifeguard staff.
- No eating or drinking in the pool, keep any beverages or food off the coping stone perimeter;
 - Water is permitted.
- No smoking or vaping.
- Alcohol is up to the discretion of individual customers and their insurance policy;
 - Clearwater prefers no alcohol.
- There is a mandatory 10 minute break every hour for the lifeguard(s). This is necessary to give staff time to hydrate, cool off, perform maintenance/administrative duties, and communicate with their supervisors. Breaks may be extended to 15 minutes when heart index has exceeded 100°F;
 - Clearwater recommends all patrons get out at break. Swim At Your Own Risk can be offered if community purchases necessary signage. Clearwater recommends reviewing Age Discrimination laws before putting Adult Swim into effect.

Health & Safety

- No running.
- No diving, unless in areas where pool is 6 feet or deeper;
 - Diving in appropriate areas should be done with arms extended above the head. Most head, neck, or back injuries result from improper or unsafe diving.
- No rough-housing;
 - Including but limited to: chicken-fighting, throwing children, dunking, pushing.
- Forward facing jumps off the side only; no flips.
- Individuals who use disposable diapers or underwear must wear swim diapers.
- Wear water specific attire;¹
 - Bathing suits only, no athletic clothes, mesh shorts, or underwear.
- Non-swimmers must wear U.S. Coast Guard-approved flotation devices;²
 - Water wings are not allowed,
 - No dolphin tails, mermaid tails, or monofins,
 - Any individual in a flotation device must be within arm's reach of a parent or guardian.³
- Individuals who wish to swim where the water is higher than their armpits with feet flat on the pool surface will be subject to a swim test;⁴
 - Swim test is swimming a 25-meter length of the pool with proper stroke and breathing techniques, and treading water for one minute;
 - If pool is too shallow for treading, must swim 50 meters.
 - Children must be swim tested if they are in the pool without a parent or guardian.
- Parents or guardians must be in the water and at arm's length with their children unless the child has passed a swim test.⁵
- Soft toys may be used, any street balls like footballs, basketballs, etc. may not be used in the pool unless supplied by the customer for an in-water basketball goal;
 - Toys and their usage are at the discretion of the lifeguard.
- Floats are permitted at the discretion of the lifeguard, if the pool becomes too crowded with floats, it is difficult to see a submerged victim at the bottom of the pool.
- For instances of thunder and lightning, the pool (area) must be cleared for 30 minutes (following each clap or strike). This means all patrons must leave the pool deck. The guard will clear the pool and deck, lock the gate and find closed shelter. The pool will reopen once there has been no thunder or lightning for 30 minutes.⁶

¹ Virginia Department of Health. "Pool & Spa Safety - Environmental Health." *Virginia Department of Health*, <https://www.vdh.virginia.gov/environmental-health/pool-spa-safety/>. Accessed 10 June 2022.

² American Red Cross. "Water Safety | American Red Cross." *Red Cross*, <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html>. Accessed 10 June 2022.

³ American Red Cross. "Water Safety | American Red Cross." *Red Cross*, <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html>. Accessed 10 June 2022.

⁴ American Red Cross. "Water Safety | American Red Cross." *Red Cross*, <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html>. Accessed 10 June 2022.

⁵ American Red Cross. "Swimming and Water Safety." *Red Cross*, https://www.redcross.org/content/dam/redcross/atg/PDFs/Take_a_Class/SWS_Manual_sample_2.pdf. Accessed 10 June 2022.

⁶ OSHA. "Lightning Safety When Working Outdoors." *OSHA*, <https://www.osha.gov/sites/default/files/publications/OSHA3863.pdf>. Accessed 13 April 2023.