

# PLEASANTVILLE HIGH SCHOOL

# **POOL RULES**

1. No swimming without a lifeguard on duty.
2. All swimmers must shower before entering the pool.
3. Proper swim attire is required (no street clothes, cutoff jeans, or undergarments).
4. No running, roughhousing, or horseplay on the pool deck.
5. No food, gum, or glass containers in the pool area.
6. Children under 12 must be accompanied by a responsible adult.
7. All swimmers must follow lifeguard instructions at all times.
8. Anyone with open wounds, contagious illnesses, or bandages is not allowed in the pool.
9. No diving in shallow areas; diving is only permitted in designated deep-water zones.
10. No breath-holding games or prolonged underwater swimming.
11. Flotation devices (rafts, tubes, etc.) may be restricted at the lifeguard's discretion.
12. Swimmers 18 and younger must pass a swim test to access the deep end or diving board.
13. Test includes swimming 50 meters without stopping and treading water for 1 minute.
14. Respect others' space and personal belongings.
15. Use of foul language, inappropriate behavior, or harassment is not tolerated.
16. Locker rooms are for changing and showering only—no loitering or photography.
17. In case of emergency, follow lifeguard and staff instructions immediately.
18. Evacuate the pool and deck area when instructed.
19. Lifeguards are present for your safety —parents and guardians must supervise young children.
20. Anyone not complying with the rules may be asked to leave.