



  
**AVON**  
RECREATION DEPARTMENT

# Aquatic Area Guide Book

## General Pool Rules

- No shoes or boots on pool deck. Please use locker rooms to change.
- No running, pushing or horseplay.
- No food or drink on pool deck.
- No candy or chewing gum in pools.
- No glass containers allowed on the pool deck or locker rooms.
- Shower before entering the pools.
- Diving is permitted in designated areas only.
- Swimming suits/shorts required. No street clothes or under clothes are permitted. Swim shirts (spandex/lycra material) are permitted, no cotton!
- Patrons with infectious or communicable diseases are not allowed in the pools.
- No misuse of pool noodles (biting, swinging, smacking, etc.)
- Diaper age children MUST wear a swim diaper. (\$2 at Front Desk if needed)
- Height requirement of 4 ft. (48 inches) to go down Big Slide.
- Enclosed "Mermaid Tails" (mono fines) are not permitted in any of the pools.
- Children age 4 and under must have a parent/guardian in the water with them, staying within arm's reach at all times.
- Children ages 5-8 years old must be ACTIVELY supervised by an adult, 13 years or older, who is on the pool deck.
- Conduct that may endanger the welfare of other patrons is prohibited.

## Big Slide Rules

- One person at a time.
- All riders must meet height requirement of 4 ft. (48 inches).
- Parents/guardians are NOT PERMITTED to go down the slide with children.
- Walk up the stairs. No running.
- No flotation devices allowed on the slide.
- Wait until the person in front of you is clear of the bottom of the slide.
- Riders must go down on their bottom or back, face up and feet first only.
- No spinning, stopping, standing, or kneeling on the slide.
- Patrons using the slide may be required to demonstrate their swimming ability before using this area.
- Pregnant women, persons with heart conditions, or back trouble are advised not to use the slide.

## Lazy River Rules

- No blocking the width of the lazy river.
- No walking on the narrow walls.
- No diving, twisting, spinning or flipping into the lazy river.
- No stacking, throwing, or other misuse of the inner tubes.
- Inner tubes are not permitted on the slides.
- Inner tubes must stay within the lazy river.
- No jumping into the inner tube. Please enter the inner tube from the water.
- One person allowed in a tube at a time.
- Children under 4 years old must have a parent/guardian in the pool with them, within arm's reach.
- No rough housing.
- Lifeguards will use their discretion to remove inner tubes from the lazy river for safety reasons or concerns of misuse.

## **Basketball Hoop Rules**

- No dunking or hanging on the rim!
- All users must shoot the ball from inside the pool; no jumping and shooting from the pool deck.
- All patrons must use the designated ball(s) provided or shoot a "soft" ball approved by the lifeguard staff.
- No shooting the ball from across the pool.
- No rough play.
- Lifeguards will use their discretion to close the basketball hoop depending on bather load and/or misuse.

## **Leisure Pool Rules**

- No running in the zero-depth area.
- No hanging or climbing on water features.
- No standing or walking on the narrow river walls.
- Maximum height for the small, Blue Slide is 4 ft. (48 inches). This slide is intended for children only. One rider at a time.
- Small, Blue Slide riders must go down on their bottom or back, face up and feet first only. No spinning, stopping, standing, or kneeling on the slide.

## **Diving Board Rules (Closed Tuesdays, 1-3pm & Fridays, 10:30am-3pm)**

- One person is allowed on the board at a time.
- Wait until the person in front of you is to the pool's edge.
- Only one bounce is permitted on the board.
- Jump straight off the board, not to the sides.
- Clear the splash down area immediately by swimming to the pool's edge.
- Exit the diving pool immediately. NO LOITERING.
- Patrons using the diving board or deep pool may be required to demonstrate their swimming ability before using this area.
- Dives must be frontward with a forward rotation.
- All commercial 10' diving boards are rated for users up to 250 lbs. Please use at your own discretion.
- Parents/guardians are NOT PERMITTED to catch or lower children from the diving board.
- Children wearing flotation devices are permitted to use the diving board as long as (1) a parent/guardian is present in the dive well and (2) the child must jump straight off the board.

## **Climbing Wall Rules (Closed Tuesdays, 1-3pm & Fridays, 10:30am-3pm)**

- One climber on the wall at a time.
- Climbers must start in the water not from the pool deck. Climbers are not permitted to use the side of the pool deck to assist them in climbing.
- Climbers get one attempt to climb. Once you fall, you must go to the end of the line. Please form a line in the shallow end of the dive well.
- No swimming in the "Drop Zone." "Drop Zone" is 5' to each side of the wall and extends 5' into the dive well.
- Users must only use the hand/foot holds to climb up the wall. Using the metal side of the wall or hanging from the glass board at the top is not permitted.
- Feet first entry from the wall. No flips or twists of any kind.
- You must be able to swim in deep water to use wall. Anyone using a flotation aide is not permitted to use the wall (i.e. water wings, life jackets, buoyant swim suits). Parents/guardians are not permitted to assist children while using the climbing wall.
- The lifeguard on duty will use their discretion to determine if patrons must alternate using the rock wall or the diving board depending on the number of people using both features.

## Lap Pool Rules

- All users must be swimming laps or performing water exercise.
- Patrons may be required to share lap lanes.
- Before beginning to share a lane with another patron, please inform them prior to starting your workout.
- When sharing lap lanes, please swim in a counter-clockwise direction (circle swim) or split the lane, staying on your pre-determined side.

## Jacuzzi Rules

- Pregnant women, elderly, infants, or persons with heart disease, diabetes, high or low blood pressure should consult a physician before entering the hot tub.
- **Children under 13 years of age are not permitted in the hot tub.**
- Do not exceed 15 minutes of heat. Long term exposure may cause dizziness, nausea or fainting.
- No diving, or jumping into the hot tub.
- **Current maximum occupancy is 4 patrons**

## Steam Room & Sauna Rules **(CLOSED INDEFINITELY)**

- All users must be 16 years of age or older.
- Swimwear/light clothing is required. Excessive clothing (coats, sweatshirts, full workout suits, etc.) is not permitted to be worn due to the potential risk of heat related illnesses.
- No shoes are permitted to be worn in either amenity. (Sandals or shower shoes are permitted).
- Do not bring any outside chemicals into either amenity. The eucalyptus oil provided is permitted in the Steam Room only.
- Water bottles with (water only) may be brought into the Sauna and Steam Room (No glass allowed). PLEASE DO NOT POUR WATER ON THE HEATING ELEMENTS OR SENSORS!
- Women who are pregnant, individuals with heart disease, abnormal/high blood pressure and/or diabetes should consult a physician before using the Steam Room or Sauna.
- People with open wounds or infectious diseases are not permitted to use either amenity.
- Any type of personal grooming is prohibited in either facility. Please, no spitting in either amenity.
- People under the influence of drugs or alcohol are not permitted to use the Steam Room or Sauna.
- For your safety, please limit use of either amenity for no more than 10 minutes.
- *Exit immediately if you are uncomfortable, lightheaded or dizzy. Excessive time in extreme temperatures could lead to heat related illnesses.*

## Pool Safety Breaks **(SUSPENDED)**

- Safety Breaks are 10 minutes in length and are called at the top or bottom of the hour.
- The leisure pool, slide, lazy river and dive well will be closed for use during a Safety Break.
- Adults who are in the jacuzzi or exercising are permitted to continue using the pool area but otherwise are asked to exit the water.
- All children must exit all pools during a Safety Break.

### Safety Break Schedule

Saturdays/Weekdays while school is not in session; 12pm, 2pm, 4pm & 6pm

Sundays; 2pm, 4pm & 5:30pm

*For additional information or questions,  
please contact the Aquatics Superintendent*

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