



Pool Rules

1. No running or horseplay (including being on shoulders, dunking, or pushing) or other actions that are deemed dangerous by staff
2. No breath-holding games or practices
3. Children 11 years-old and younger who wish to use the deep end must pass water competency test
4. Children 11 years-old and younger must be accompanied by adult 16-years-old or older (ratio is one adult per four swimmers; school groups and day care provider ratio is one adult provider per eight swimmers)
5. Organized groups of 10 or more must call ahead to inquire about reserving space/use times (this includes day camps, day cares, and youth groups)
6. Individuals or groups of any size practicing with a coach must rent space (no drop-ins allowed)
7. Children 5 years and younger must be within arm's reach of adult 16- years-old or older
8. No spitting, urinating, or blowing nose in the pool
9. No one with a contagious disease, open cut, wound, or contagious skin condition may be in water
10. It is the responsibility of the patron to obey city staff and follow facility and pool rules
11. Pool equipment (including kickboards, pull buoys, noodles and barbells) are available for use as deemed appropriate by staff
12. Diving blocks are for competitive use under approved coach supervision only
13. Private swim instruction or coaching from non-city staff is prohibited
14. No refunds are given due to weather delays or closure or in the event of mechanical or water quality issues
15. When we have 15 or less pool users for 60 minutes or more during open swim we reserve the right to close (for outdoor pool only)
16. Individuals using coast-guard approved PFDs (lifejackets) must stay in shallow areas outside of lane lines

Spa Rules

1. Children 5 years-old and younger are not permitted in the spa
2. Children 11 years-old and younger must be accompanied by adult 16-years-old or older
3. A maximum of 12 people are allowed in the spa and spa area (any place within the blue tile)
4. No diving or jumping into the spa
5. Recreational items and equipment are prohibited in the spa including lifejackets and PFDs
6. A maximum of 10 minutes is advised by the state health code
7. Patrons with medical conditions (including pregnancy) should consult a physician before using the spa

8. Do not use the spa immediately following exercise or while under the influence of alcohol, narcotics, and other drugs

Diving Rules

1. Potentially dangerous diving is prohibited (including cartwheels, running, hanging, dropping on buttocks, and any other dive the staff views as potentially dangerous)
2. One bounce on the board
3. One person at a time on the board or the steps, all others must wait on the deck
4. The fulcrum is to be moved by city staff only
5. Dive straight off the end of the board
 - At Mercer Park Aquatic Center and City Park Pool one-meter boards, swim directly to the ladders to exit
 - On the City Park Pool three-meter board, swim directly to the wall behind the board
6. Swimming under the boards is prohibited
7. Diving at or near another swimmer is prohibited

Locker Room Rules

1. No horseplay or loitering
2. Patrons or providers who are aiding individuals 7 years of age or older are welcome to use the family locker room, lobby doors, and on-deck bathrooms (MPAC), breezeway and/or lifeguard bathroom (CPP), and glass door entrance and on-deck bathrooms (RALRC)
3. Children 6 years-old and younger are welcome to accompany caregiver in locker rooms regardless of gender
4. Patrons are welcome to use the locker room of the gender in which they identify
5. Single user on-deck locker rooms (with shower) are available at MPAC; single user bathrooms are available at RALRC
6. Lock up valuables or bring them with you, we are not responsible for stolen items
7. Camera and video use is prohibited

Prohibited Items

- Gum
- Alcohol, narcotics, tobacco products and e-cigarettes
- Glass (including drink bottles and glass goggles)
- Band-aids
- Lawn chairs
- Squirt bottles and guns
- Weapons
- Street clothes and thong bottoms
- Flotation devices of any kind
- Any lifejacket not coast-guard approved
- Bicycles
- No pets allowed, service animals welcome