

Recreation Center Aquatic Rules & Regulations

In order to make your visit with the Town of Parker a safe and enjoyable experience, please observe the following rules while in the Aquatics Area.

Age Restrictions:

- **Age 5 and under** - Must be accompanied at all times in the water within arm's length by a parent/guardian 16 years or older in a swim suit. Wristbands will be given to indicate that supervision is required in the water. No swim testing allowed for this age group. 1/3 Ratio (Guardian/Children) shall be strictly enforced.
- **Ages 6 to 9** - Recommended that a parent/guardian 16 years or older are actively observing children from the deck unless children are "non-swimmers".
- **Non-swimmers should stay in shallow water with a parent/guardian who is in the water with a swimsuit. Non-Swimmers should wear a U.S.C.G approved lifejacket. 1/5 Ratio (Guardian/Children) shall be strictly enforced.**
- **Certified Day Camps/Groups/Daycares Only: 1/5 5yrs and under with chaperone in the water; 1/10 6yrs – up observing children from deck** (unless children are *non-swimmers*).
- Groups of 10 or more must notify the Aquatics Staff at least 72 hours prior to a visit to check availability. Any group not meeting required chaperone levels will be asked to leave.

Flotation Devices:

- Only Coast Guard-approved Lifejackets (available for your use free of charge, inquire at the Aquatics Office) may be used in the pool. No life jackets on the diving board, slide, or climbing wall. Any child using a personal flotation device must be accompanied by an adult who is in the water, within arm's length at all times. Kickboards or WEX equipment shall not be used by groups or children. (Exception-children actively swimming laps).

Swim Testing:

- Any child under the age of 9 who wishes to utilize the diving board, lap deep end or climbing wall must pass a swim test (No exceptions). Successful completion of the test will result in a wrist band indicating the child may use the amenities listed above.
- The child must jump into the water, submerge and pop back up and begin swimming the front crawl stroke for 15 yards (length of activity pool lanes).
 - Rules:
 - No goggles
 - May not stop or touch the ground or grab the wall
 - May not flip onto back
 - No doggy paddle (arms must come out of the water)
 - May have face in or out of water or a combination
- The child may "complete" the test, but ultimately it is up to the discretion of the Head Lifeguard as to whether or not they are comfortable issuing a wrist band to the child.
- Wrist bands may be removed by lifeguards at any time for any reason for the day.

Swimwear & Swim Diapers:

- Proper swimwear (swim suits) are required for all swimmers. Underwear or street clothes are not permitted.
- Young children who are not potty trained are required to wear swim diapers. Available for purchase at the front desk for \$1.
- Frequent restroom breaks for children is highly recommended.

Amenity Rules: **Please see the desired amenity for updated usage schedules & a complete list of rules & regulations. This is not a comprehensive list.*

Water Slide-

- Must be 40” or taller to ride.
- Only one rider at a time, no trains or parents carrying children.
- Must ride feet first on back with arms crossed. No spinning, stopping, kneeling or standing in slide.
- Exit Flume immediately.
- No goggles or lifejackets permitted on the slide. Only swim suits without metal fasteners are permitted.

Play Structure-

- Play structure is designed for children ages 9 and under.
- Do not run up the slides.
- Do not throw objects off of platforms.
- Running, jumping or pushing is not allowed on the play structure.

Climbing Wall-

- **Caution: Deep water.** Children under 9 years, must pass a swim test to utilize.
- Only 1 person per course at a time. Total of 3 people in the water at any time.
 - Those waiting, must do so on the edge of the catch pool.
- No goggles or lifejackets permitted.
- No street or climbing shoes are permitted.
- Climbing higher than the designed route is not permitted.

Diving Board-

- **Caution: Deep water.** Children under 9 years, must pass a swim test to utilize.
- Only one bounce. No backflips or gainers permitted.
- No goggles or lifejackets permitted.
- One person on board at a time. Swimmers must exit the catch pool immediately.

Sauna-

- Only those aged 16 years and older may utilize this feature.
- Do not pour water on the heating elements.
- Please limit sauna time to 10 minute increments.
- Exercises other than mild stretching are prohibited.

Lap Swim-

- Open lap swim lanes shall be noted by on deck signs daily.
- Swimmers in lap lanes must be swimming laps or water walking.
- Diving blocks are not permitted for public use.
- No extended breath holding is permitted at any time for any reason.

Therapy Pool-

- No recreational swimming is allowed. This pool is for therapy, aerobics, and swimming lessons.
- This area may be closed due to programming. Please observe the schedule for open times.

Additional Aquatic Center Regulations:

- Per health department regulations, please shower with soap and water before swimming.
- No glass, food, alcohol or tobacco/smoking, pets or mermaid tails are permitted.
- No extended breath holding laps or breath holding games are permitted at any time for any reason.
- Diving is only permitted in the lap deep end and off the diving board.
- No running, pushing, shoving, dunking or horseplay. No flips, twisting jumps or belly flops off the edge of the pool.
- The Town of Parker is not responsible for lost or stolen items.
- Mermaid tails or other devices that restrict mobility are prohibited.
- Private instruction by non-recreation staff is not permitted.
- Safety Checks may occur throughout the day for 10 minutes. Non-lap or therapy swimmers must exit the water and await further instruction.