

KETCHIKAN GATEWAY BOROUGH

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Aquatics
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Mike Smithers Community Pool Facility Rules and Discipline Policy

A. Entrance Rules:

1. All swimmers entering the pool must take a cleansing shower when first entering the pool or exiting the sauna.
2. Food and drink are not permitted on the pool deck, in the locker rooms, or in the pool.
3. Persons with communicable diseases, including but not limited to lice, open wounds, sore or inflamed eyes (because of infection), or discharge of the mouth or ear shall not use the pool.
4. Anyone with shoulder length hair or longer, must have it all tied back in a rubber band or in a swim cap.
5. Persons using the big pool must be at least 48 inches tall, 7 years of age or be able to swim one width of the pool. Persons using the small pool must be at least 6 years of age or be able to swim one width of the pool. Patrons not meeting these requirements MUST be accompanied by, and at all times in the direct supervision of, another person 16 years of age or older.
6. Swim suits or other appropriate clothing are required in any public area of the facility; including, but not limited to the sauna and deck area.
7. Inflatable toys, such as water wings, inflatable rings, ski belts, etc, are not allowed in the pool.

B. Facility Rules:

1. Obey any request from the staff (this includes the cashiers, lifeguards, instructors and Management).
2. Smoking is not permitted within the facility or on the grounds.
3. Anyone under the influence of alcohol and/or drugs will be restricted from entering the facility. If in the facility, they will be asked to leave.
4. To attend Physical Fitness, the patron must be 14 years old or older. Patrons 10-13 years old are allowed to enter under the direct supervision of their parent or legal guardian. Patrons must be 18 years old or older to use the free weights.
5. Patrons must be 18 years old or older to enter the sauna.
6. Roughhousing is not allowed in the facility.
7. No street shoes allowed on the pool deck.
8. No glass containers allowed in the locker rooms or on the pool deck.
9. No food or beverages allowed on the pool deck or in the locker room. Water is allowed in a plastic container.
10. Vandalism of any kind will result in suspension from the facility.
11. Items or behavior that can be harmful to visitors, staff or the facility are prohibited.
12. Harassment of the staff or other visitors will not be allowed.
13. Medicine balls are for exercise only. Do not throw or bounce them. The oversize balls are not to be thrown or used as a basketball.

C. General Pool Rules:

1. Obey any request from the staff (this includes the cashiers, lifeguards, instructors and Management).
2. Swimming is not allowed without a lifeguard on duty.
3. Street shoes are not allowed on the pool deck. You may go into the bleacher area with your shoes on.

4. Swimmers wishing to go to the deep water must be able to swim two widths of the pool using over arm crawl stroke. The lifeguard on duty shall determine whether the ability of the swimmer is sufficient to allow the swimmer to be in the deep end.
5. The lifeguard stand is for **Borough Employed Lifeguards ONLY**.
6. Roughhousing (running, shoving, pushing, pulling etc..) is not allowed.
7. Swinging or sitting on the rails or barriers is not allowed.
8. Flips, jumping backwards, cartwheels, and back dives will not be permitted from the side of the pool.
9. No diving in the shallow end of the pool (water less than 9 feet deep).
10. No snorkels or dive gear in the pool except during rentals or fitness.
11. Unless the swimmer is in trouble, hanging on the lane lines and lifeline are not allowed.
12. Patrons may use a mask, fins and eye goggles (plastic lenses only).
13. The diving blocks are for competitive diving (meets or practice) and swim lesson use ONLY.
14. Diving Board Rules:
 - a. The diving board is closed during fitness swims.
 - b. Only one person is allowed on the board at a time.
 - c. The diver is allowed to jump/dive straight off the end of the board and swim directly to the side of the pool.
 - d. Swimmers are not permitted to swim under the board while it is open to divers.
 - e. Anyone using the diving board must first be able to pass the deep-water test.
15. Equipment may be given out by the lifeguard during open swims and rentals, but must stay in the shallow end of the pool. No ball fights allowed.
16. The basketball hoop is not secured to the pool deck. Do not "Slam Dunk" the balls into the hoop from the water or the pool deck. Do not hang on or touch the basketball hoop.
17. No one is allowed on the pool deck without a staff member present.
18. Swimmers are to walk, not run, at all times in the pool facility.
19. Spitting and splashing water are not permitted.
20. Shoulder rides are not allowed. Piggy back rides are allowed.
21. No screaming, yelling or foul language.
22. If the pool equipment is used, please make sure that it is stored properly when you are done using it.
23. Chewing gum and chewing tobacco are not allowed in the pool or in the locker room.
24. A patron may use a US Coast Guard approved life jacket in the pool. Patrons wearing life jackets must be with an adult at all times. We require at least one adult per 2 children wearing life jackets in the pool. Life jackets are only allowed in the shallow end of the pool.
25. Cut offs are not permitted in the pool. T-shirts may be worn.
26. No hanging on or from any part of the diving board. This includes the rails and the board itself.
27. During lap swim, all participants must be swimming laps. Running with the aqua jogger or treading water is acceptable.
28. No tossing or throwing kids from the side of the pool or launching kids from within the pool.
29. Please use the back stairs if you are wet or have bare feet. The front stairs can be very slippery.
30. All equipment is to be given out or taken back at the lifeguards discretion.

D. Locker Room Rules

1. Children under 6 years old must be in the direct supervision of an individual 16 years old or older, at all times.
2. Children 6 years old and older are required to use the appropriate locker room. If a parent of the opposite sex must assist a child they are welcome to use the family dressing rooms located near the sauna.
3. No roughhousing in the locker rooms. This includes, but is not limited to;
 - a. Splashing or spitting water
 - b. Soap or Shampoo/conditioner fights
 - c. Towel fights
 - d. Running

- e. Jumping off benches
- f. Slamming the locker doors
- g. Kicking or throwing gear around the locker room
- h. Throwing water from any types of containers, including caps or water bottles.
4. No excessive noise will be permitted. No yelling, shouting, screaming, etc.
5. All personal items should be placed in a locker, not left on the benches. The Mike Smithers Community Pool is not responsible for lost or stolen objects. Locks are available at the front counter for anyone 14 years old or older. Collateral must be given for locks that are borrowed.
6. Foul language and any kind of violence will not be tolerated.
7. Obey any request from the staff (this includes the cashiers, lifeguards, instructors and Management).
8. Locker rooms are for changing only.
9. No food allowed in the locker rooms. Please leave it upstairs.
10. Absolutely no running, sliding, etc..

E. Lobby Rules

1. No roughhousing allowed (running, pushing, fighting, etc.).
2. No sitting on tables or counters.
3. No hitting the glass that looks out into the pool area.
4. No yelling or foul language. Please use an inside voice.
5. Children 6 years old and under should be in the direct supervision of a person 16 years old or older.
6. No wet feet allowed in the lobby.
7. Obey any request from the staff (this includes the cashiers, lifeguards, instructors and Management).

Guidelines for suspending patrons from to pool

Patron is suspended for 1 day if they:

- Do not listen to or obey the staff
- Are disruptive to other patrons.
- Have a reoccurring problem getting out at the end of a swim.

Patron is suspended for 1 week for:

- Disruptive behavior in the locker rooms.
- Being in the opposite locker room.
- Plugging up the toilets .
- Any kind of fights (soap, towel, Toilet Paper, etc.).
- Slamming lockers.

Patron is suspended for 2 weeks for:

- Any kind of profanity (after given 1 verbal warning).
- Verbal threats.
- Having problems keeping clothes on.

Patron is suspended for 1 month if they are:

- Fighting.
- Stealing.
- If involved in any type of Violence.

Patron is suspended for 2 months for:

- Any kind of violence through out the facility

Suspensions lasting for longer periods of time may be imposed at the Director's discretion.