

AQUATIC CENTRE RULES AND GUIDELINES

WE'RE ALL IN THIS TOGETHER

POOL SAFETY RULES

- **Evacuate pool and follow staff instructions** when alarm/whistle/horn is sounded.
- If someone needs your help **assist if it is safe** to do so.
- If you are a witness to an emergency situation **notify a staff member immediately**.
- **Please adhere to and comply** with amenity specific guidelines.
- **A maximum of three children under 8 must be actively supervised in the pool and anywhere in the aquatic facility by a responsible person 15 years of age or older. Children under 8 must be within ARMS REACH at all times.**
- Everyone **must be able to swim 25 metres** on their front without stopping before entering deep water (over chest deep). Youth under the age of 13 years **must demonstrate** this ability and those 13 years of age or older may be asked. If a PFD is used for the demonstrated swim it must be worn in deep water.
- **Know your limitations.** Be aware of deep areas (over chest deep). PFDs are recommended for all weak or non-swimmers. PFDs are available at all pools free of charge.
- **No running** on pool deck or in showers.
- **Do not dive into shallow water.** Enter feet first.
- **No fooling around, wrestling, or rough play** on diving board, slide, swing rope or pool edge.
- **No prolonged breath holding** or breath holding games.
- **Report faulty equipment to staff.**

POOL PROTOCOLS

- **Alert Staff** of medical problems (heart condition, epilepsy, etc.).
- The City of Edmonton welcomes children and adults of all abilities in our facilities, and is **committed to the inclusion** of individuals with disabilities in our programs. Please indicate to staff what, if any, supports or accommodations are required to ensure successful participation in our programming.
- Individuals requiring assistance are welcome to bring an attendant. **Attendants may be admitted, at no additional cost**, when assisting an individual to attend our facilities, services or programs.
- **No spitting** and avoid swallowing pool water.
- **Limit your stay in the steam room, sauna, or hot tub** to no longer than 10 minutes at a time
 - * *Please consult a doctor if you have epilepsy, diabetes, high blood pressure, heart condition, or are pregnant.*
- **Suitable swimwear is required.** Swimwear may be made of different types of fabrics and styles as long as it **does not interfere with safety or water quality.** All swimwear must be **clean and brought to the facility for the purpose of swimming.**
 - * *A modified version of traditional swimwear is permissible as an alternative (footless tights, tight-fitting shirts, burkinis, rash guards, etc.).*
- **Regardless of the suitable swimwear you are wearing take a cleansing shower** before every swim to avoid carrying dirt, bodily secretions, bacteria or residue from hygiene products into the pool.

- **Use washroom facilities** prior to swimming, especially children. **Children who are not toilet trained must wear waterproof diapers** (available from the cashier). **Ensure all children and/or adult diapers are properly secured** and changed regularly to prevent leakage. **Report discharges** (vomit, blood, feces) immediately to staff for cleaning.
- Do not swim if suffering from a cold, flu, bacterial or viral infection, communicable disease or severe skin condition.
 - * *Do not enter pool if you currently suffer from diarrhea, or had diarrhea within the last two weeks.*
- Persons exhibiting signs of **intoxication or substance use** will not be allowed onto the property.

RULES AND GUIDELINES

- **Remove shoes** before entering change rooms or pool area.
- **Finish eating and drinking** before entering change room. Use garbage bins provided.
- **No open or glass containers** are allowed in the change room or pool area.
- **Plastic water bottles** are permitted in steam rooms and saunas.
- The City is not responsible for personal belongings; please **protect your belongings** by leaving them at home and securing them. Unsecured or unattended personal items may be placed in the lost and found.
- **Please retain proof of payment**, such as a receipt or wristband, prior to entering any paid use areas.

REMEMBER

- Cell phones, cameras, tablets, laptops and other personal recording devices are permitted in all City of Edmonton Recreation and Leisure Centres. Their use, however, is prohibited in specific areas including washrooms, dressing rooms and change rooms. In prohibited areas, all recording devices must be put away, outside of public view (pocket, purse, etc.).
- When using a recording device in non-prohibited areas please consider the openness of the space and how

it may impact the experiences of others around you. Taking pictures of individuals or groups without their consent is not appropriate.

- Any person who uses a recording device to commit a contravention may be asked to leave and can have their privileges suspended from City facilities and property.
- Please see facility staff if you have any questions regarding the use of electronic devices in City-operated facilities.

Recreation
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