

Pool Information

Pool

1. No diving in the shallow end of the pool.
2. Non-Swimmers must stay in the shallow end.
3. All persons are required to shower prior to using the pool.
4. Gum is not permitted in the pool.
5. Any persons with skin lesions, open sores or contagious infections (e.g., chicken pox, measles, pink eye, ect.) are not permitted to use the pool.
6. Glass items are strictly prohibited.
7. No running on the pool deck.
8. No spitting on, soiling, or in any way contaminating the pool water or decks.
9. Hanging on the lane lines is prohibited.
10. Clothing other than approved swimwear is not permitted in the pool.
11. No street shoes are to be worn on the pool deck.
12. Members and guests are expected to obey all rules and directions issued by the aquatic staff.
13. The aquatic staff has the authority to ask individuals to leave the pool area if their conduct endangers themselves or others, or is otherwise inappropriate. Repeated or serious infractions may lead to suspension of club privileges.

Whirlpool

1. Must be a minimum height of 4'6" to enter whirlpool area, **regardless whether accompanied by an adult.**
2. Maximum bather load is 9 patrons.
3. All bathers must shower before entering whirlpool.
4. Do not use immediately following vigorous exercise.
5. No open cuts, sores, rashes, etc.
6. Women of childbearing age and those suffering from heart disease, diabetes, high or low blood pressure should consult their physician prior to using the whirlpool.
8. Observe a reasonable time limit. (10 min. at the most) If you wish to return, shower and cool down before returning for another brief stay. Prolonged exposure may result in dizziness or fainting.
9. Water temp cannot exceed 104 degrees.

Diving Board

1. Only one person at a time on the board. **This includes the steps.**
2. Remove face masks or goggles before using.
3. Single bounce only.
4. No boisterous activity, cartwheels, handstands, etc.
5. Dive straight off the end of the board.
6. Swim immediately to side of pool after diving.

Open Swim

1. Lifeguards must be obeyed at all times.
2. Pushing or rough horseplay will not be tolerated.
3. Kickboards and pull buoys are not allowed in open swim area.
4. Excessive splashing is prohibited.
5. Inflatable toys and other devices are only allowed with lifeguard's approval.

Children

1. Children left alone in the pool must be 8 years old or able to stand flat footed in the shallow end, 4 feet. Those who don't meet this requirement must be accompanied by a guardian who is at least 16 years old.
2. Belts are available for those who can not stand flat footed in the shallow end. Those wearing a belt must be within arms reach of a guardian who is at least 16 years old.
3. Barbells are available for children who are accompanied by a guardian who is at least 16 years old. Barbells stay in the shallow end and are to be used as a swimming device only.
4. Infants and small children who are not toilet-trained must wear a swim diaper with either a swimsuit or rubber pants over the diaper.
5. During open swim, lap lanes are not generally open to children under 14. Children 12 and 13 years old may be granted permission to lap swim when they have demonstrated the ability to swim laps to a member of the aquatic staff. Empty lanes may be used by children 11 years and younger who are accompanied by an adult and have demonstrated the ability to swim laps. Adults have priority over children under 12 years old in the lap lanes.

Lap Swim

1. During 6 lane swim you must be 14 yrs old or older. 12 and 13 year olds must be within arms reach of parent. Children under 12 are not permitted on the pool deck.
2. Lap lanes are for continuous swimming and aquatic exercise only. Playing and/or loitering is prohibited.
3. Be courteous to other swimmers.
4. When entering an occupied lane, alert the other swimmer on arrival.
5. Two swimmers alone in a lane will split the lane.
6. If there are 3 or more swimmers in a lane, everyone must circle swim.
7. When deciding on a lane, group according to speed.
During 6 lane swim at the end of each lane are markers which read: slow lane; medium lane and fast lane.
8. Swimmers should rest in the corners of the lanes to allow other swimmers access to the walls.
9. Kickboards and pull-buoys are available for lap swim.

Pool Schedule



September 4, 2007



**THE ALASKA CLUB
FAIRBANKS**

*Contact Aquatics Director at
452-6801 ext. 229 for more information.*

www.thealaskaclub.com

