



Aquatics

Policy & Procedure Manual

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General Pool Rules

- All members and guests must check in with the lifeguards.
- No one is allowed in the pool unless there is a lifeguard on duty.
- Proper swimming attire is required (See *Proper Swimming Attire*).
- Swimmer must take a shower before entering the pool, including after swimming in the lake.
- **No running.** No horseplay, pushing, pulling, hitting or using foul language.
- Excessive splashing and any interference with the lifeguards is prohibited.
- Disrespectful behavior WILL NOT be tolerated. Violators may be banned from CIC pool facilities.
- Parents/Guardians are responsible for supervising their children at all times (See *Age Requirements*).
- Swimmers required to wear a U.S. Coast Guard-approved life jacket are not permitted beyond the safety rope that leads to deep water or the water slide. Refer to the *TEST.MARK.PROTECT*. flyer for more information.
- No food is permitted in the pool. **GLASS IS PROHIBITED** in ALL pool areas.
- Diving is prohibited.
- Smoking and vaping are prohibited on the pool deck.
- Individuals with skin conditions, infections, open wounds or wearing adhesive bandages are not allowed in the pool.
- Hanging on the lane markers or safety lines is not permitted.
- Personal equipment and toys must be used appropriately and may be removed at the discretion of staff.
- Water wings, rafts and inflatable swim toys are not permitted.
- Lifeguards reserve the right to ask anyone who appears intoxicated to leave the pool area.
- The facility is not responsible for lost or stolen items.

Proper Swimming Attire

- One and two-piece swimsuits are permitted (thong bottoms are not permitted).
- Swim trunks, speedos and jammers are acceptable.
- Swimwear must not be see-through or overly revealing.
- Bras, underwear, cut-off shorts, gym shorts and boxers are not allowed.
- Violators may be denied access to the pool.

Pool Area Age Requirements

- Children aged 6 and under must have a parent/guardian in the water with them if they did not pass the swim test.
- Children aged 7-13 must have a parent/guardian on the pool deck while in the pool area.

Discipline for Minor Offenses Pertaining to General Pool Rules

- **Safety is our top priority. To protect the health and well-being of our members and ensure everyone's enjoyment, we enforce the following rules.**
- **For minor infractions, the following steps will be taken:**
 1. A short whistle blast to gain the swimmer's attention will be blown. The swimmer will receive a verbal reminder of the rule being broken.
 2. If the swimmer again breaks the rule, the swimmer will be asked to sit out for a short period of time. This time allows the swimmer to think about the safety of others (*about 1 minute per year of age*).
 3. If the swimmer again breaks the rule, they may be asked to leave the facility for the day.
- For more serious offenses, the swimmer may be suspended from the Catawba Island Club pool facilities until a meeting is held with the member(s) to address the issue.



Test. Mark. Protect.

Catawba Island Club is committed to providing a safe and enjoyable pool experience for all members and guests.

Swim Assessment Requirement:

All children aged 13 and under are **required** to participate in a *swimming skills assessment*.

Green Band System

Swimmers who **DO** pass the swim test will receive a **green** wristband. These bands help lifeguards identify swimmers without **green** wristbands that may need additional supervision to stay safe.

Assessment Availability

Lifeguards are happy to conduct one swim assessment per child, per day, provided with space and staffing allow.

Catawba Island Club reserves the right to test all swimmers regardless of age and at their discretion.

What is the swim test?

PLUNGE: Swimmer jumps in designated areas of water that is over their head and easily returns to the surface

TREAD: Swimmer must tread water for a minimum of 30 seconds while keeping their ears and face above water

SWIM: Swimmer continues to swim two lengths of the pool unassisted and without resting. Swimmer maintains a horizontal body position while swimming both ways.

Green Wristbands: Who Wears Them

Swimmers who **DO** pass the swim test will receive a **Green Wristband**.

- Swimmers *without* **green** bands (meaning they did not pass the swim test) must remain in zones 1 and 2 of the pool and are not permitted to use the water slide.
- Children age **6 and under that do not pass the swim test** must remain within arm's reach of an adult (18+) at all times.

Zones of the Pool

- Zone 1 – Shallowest area of the pool
- Zone 2 – Middle section between the shallow and deep ends
- Zone 3 – Lap Lane Area
- Zone 4 – Deep end and water slide