

POOL RULES

- 1. ALL SWIMMERS MUST BE A RESIDENT OF THE HUDSON FALLS SCHOOL DISTRICT.**
- 2. ALL CHILDREN MUST BE AT THE POOL WITH AN ADULT. IF A CHILD DOESN'T KNOW HOW TO SWIM A PARENT NEEDS TO BE IN THE POOL WITH THEM.**
- 3. SWIM DIAPERS ARE REQUIRED FOR ALL CHILDREN WHO ARE NOT TOILET TRAINED.**
- 4. ALL SWIMMERS MUST EVACUATE THE POOL WHEN THEY HEAR ONE LOUD BLAST OF GUARDS WHISTLE.**
- 5. NO DIVING IN SHALLOW END OF POOL. DIVING ALLOWED ONLY IN DESIGNATED AREAS.**
- 6. ANY PERSON UNABLE TO SWIM TWO LENGTHS OF THE POOL MUST USE THE SHALLOW ENDS OF THE POOL.**
- 7. MUST USE THE LADDERS OR STAIRS WHEN GETTING OUT OF THE POOL, UNLESS IT'S AN EMERGENCY.**
- 8. NO STANDING OR SITTING ON THE GUTTERS.**
- 9. NO JUMPING ON OR NEAR OTHER SWIMMERS IN THE POOL.**
- 10. NO RUNNING AT ANY TIME.**
- 11. THERE ARE NO OBJECTS ALLOWED IN THE POOL, INCLUDING FLOTATIONS DEVICES, MASKS, SNORKELS OR FINS. THIS INCLUDES SUITS THAT HAVE BUILT IN FLOTATION DEVICES. ADULTS SHOULD BE WITH YOUNG SWIMMERS AT ALL TIMES.**

- 12. NO ONE IS ALLOWED TO EXPECTORATE IN THE POOL THIS INCLUDES SPITTING.**
- 13. PERSONS HAVING ANY OPEN SORES, SKIN LESIONS, INFLAMMED EYES, NOSE OR EAR DISCHARGES OR ANY TYPE OF BANDAGE SHALL NOT BE ALLOWED IN THE POOL.**
- 14. NO FOOD, GLASS BOTTLES OR CONTAINERS ALLOWED.**
- 15. FOUL LANGUAGE WILL NOT BE TOLERATED.**
- 16. CHILDREN MUST BE SUPERVISED BY PARENT OR ADULT IN LOCKER ROOM AT ALL TIMES. PLEASE DO NOT ALLOW CHILDREN TO RUN IN LOCKER ROOM AREA IS SLIPPERY WHEN WET!**

POOL HOURS
MONDAY AND WEDNESDAY NIGHTS
FAMILY SWIM 6:30-7:45
ADULT ONLY SWIM 7:45-9:00
WHEN SCHOOL IS CLOSED WINTER SWIM
IS NOT IN SESSION



THIS IS A FAMILY ORIENTED PROGRAM ALL PATRONS ARE EXPECTED TO CONDUCT THEMSELVES IN A RESPECTED MANNER!