

Pool Rules

Prohibited Items

- Floats, Inflatables, rafts, and/or tubes.
 - o Lifejackets, puddle jumpers, and non-inflatable water wings are allowed with close adult supervision. Lifejackets are available for use.
- Masks, Fins, Snorkels, Hand Paddles, Kickboards outside of the lap lanes.
- Mermaid tails and fins.
- Non-service animals.
- Diapers. Only swim diapers along with vinyl/cloth cover may be used.
- Glass, gum, alcohol, tobacco products, and drugs.
- Blowing of the nose into the water, spitting, or spouting of water.
- Hanging onto or sitting on lane lines or lifelines.
- No mistreatment or destruction of pool property.
- Disruptive behavior, including, but not limited to, rough play, running, pushing, shoving, abusive or profane language, sitting on another swimmer's shoulders, dunking another swimmer.

Pool Rules

- Adults must keep children who are ages 6 and under within arms-reach at all times.
- Children under the age of 10 must be accompanied by an adult.
- Do not distract the lifeguards who are on surveillance duty.
- No underwater breath holding games.
- Diving, flips, cartwheels, or headfirst entries in areas marked less than 9 feet (only forward, feet-first jumping from side/edge of pool).
- Shallow diving blocks are not for public use.
- Food and drinks are not permitted in or near the pool.
- Pools will close for 30 minutes after a bolt of lightning or a clap of thunder. Pools may close in the case of heavy rain.
- The facility may be closed, or its use limited at any time due to unforeseen circumstances.
- Refunds will not be given for inclement weather or uncontrollable circumstances that require the facility to close.
- Report all accidents, incidents or rescues to facility staff.
- The facility and AMLD are not responsible for personal property.
- Any behavior deemed unsafe by a lifeguard is prohibited.
- All rules and guidelines are strictly enforced.
- Failure to comply may result in ejection from the facility.

Diving Board rules

- Diver must be able to swim unassisted to the wall.
- 1 person allowed on board at a time. Diver must wait until the previous diver exits the pool before climbing the ladder to the board.
- No floatation devices or goggles.
- No running on board.
- No sitting on or hanging from the boards.
- Only 1 bounce on the board.
- Divers must exit the diving well using the designated ladders.
- Lifeguards may administer a swim test to ensure the safety of the diver.
- The fulcrum must remain in the forward position while the facility is open to the public.
- No swimming in the diving well while boards are open.

Anderson Mill Slide Rules

- Swimmer must be able to swim unassisted to the wall. Slider must ride on their back with feet first.
- 1 person allowed on the slide at a time. Must wait until the previous slider exits the pool before climbing the stairs to the slide.
- No floatation devices or goggles allowed.
- Lifeguards may administer a swim test to ensure the safety of the swimmer.

Lap Lane Rules

- Lap lanes are designated for consistent back and forth swimming across the pool.
- Adults have priority in the lap lanes. Lap swimmers under the age 18 must yield their lane to adult participants during open swim times.
- Lap lanes must be shared when there are multiple participants.
- Any lane disputes that cannot be resolved with a conversation amongst adults will be handled at the discretion of staff on duty.
- Please practice lap lane etiquette:
 - o When joining a lane, make it known to current swimmers and confirm how to split the lane or circle swim.
 - o Join empty lanes first.
 - o Join the lane of swimmers who match your swimming speed.
 - o Avoid large strokes in crowded lanes.
 - o Allow faster swimmers to pass you.
 - o Rest in the corners of the lanes
 - o Treat others as you would like to be treated.