

Spotswood Swim Club Rules and Regulations revised 7/5/2026

General

1. The Spotswood Swim Club shall be referred to as the Club in this document. The Club's property includes the parking lot and wooded area owned by the Club.
2. Management, Head Guard, and lifeguards on duty have the authority to enforce the Club's rules and regulations of the Virginia Department of Health, and may ask any member or other person to leave the Club's property for failure to comply with these rules. This includes endangering the safety of any person(s) using the Club's facilities or failing to conduct themselves in an appropriate manner. Incidents will be reported to the Board of Directors, which may suspend the privileges of the member or other persons.
3. Authorized members and guests shall use the pool only when officially opened and a lifeguard is on duty.
4. Requests for opening of the pool during non-posted hours must be approved by the Board of Directors.
5. Members must pay annual dues in full prior to the first use of the pool.
6. All members **MUST** sign in the daily membership book and register all household members and guests.
7. Members are responsible for their children and guest(s) at all times, this includes in the pool, parking lot, and on the pool deck.
8. Any child 12 years old and younger will not be admitted into the pool enclosure without a responsible person at least 16 years old.
9. The Club is not responsible for theft, loss, or damage to personal property of any member or any guest.
10. No glass objects of any kind are allowed in the pool enclosure.
11. No alcoholic beverages are allowed on Club property, unless approved by the Board of Directors.
12. During Adult Swim, only persons 18 years or older may be in the pool. Adult Swim will not last longer than 10 minutes per hour and will not be called during the final hour of operation.

Conduct

1. Running, rough housing, fighting, foul language, etc. are strictly prohibited in the pool area.
2. Modest male and female bathing suits are preferred. All private body parts should be covered. Thong bikinis or other suits that are see-through are not allowed. Patrons will be asked to cover up. Excessive or suggestive sexual conduct (including kissing) shall not be permitted. Couples displaying excessive PDA will be asked to stop, and may be asked to leave.
3. **Behavior Policy:**
 - a. Lifeguards may use their whistle to correct unsafe or inappropriate behavior. Repeated minor rule violations may result in a temporary removal from the pool for up to 15 minutes at the discretion of the Head Guard, Pool Manager, or a present Board Member.
 - b. Serious or dangerous rule violations—including behavior that threatens the safety of the swimmer or others, refusal to follow lifeguard instructions, or repeated unsafe conduct—may result in immediate removal from the pool for the remainder of the day, regardless of the number of whistle warnings given.
 - c. Any swimmer removed from the pool for the remainder of the day must have a parent or guardian speak with the Head Guard, Pool Manager, or a present Board Member before returning on a future visit. The Head Guard, Pool Manager, or present Board Member will determine when the swimmer may return based on the circumstances of the incident.

Diving Board/Deep end Rules

1. Only one person is permitted on the diving board and/or ladder at a time. The next person waiting in line must be on the concrete/safety pad while waiting.
2. **Once you are on the diving board you may not climb off or back down the ladder.** Only the Head Guard or lifeguards may assist getting a patron into the water safely. **Under NO circumstances will you be allowed to come back down the ladder or jump off the side of the board onto the deck.** Anyone who is removed off the board more than twice will not be allowed back onto the board for the

remainder of the season.

3. Diving/jumping is only permitted after the previous diver has surfaced and reached the ladder.
4. Only one bounce is allowed on the board.
5. Only forward facing jumps are allowed off the high dive.
6. Hanging on the diving board or swimming under the board is NOT permitted.
7. Games which utilize the diving area may not be played without the permission of the lifeguard on duty. When permission is granted, the game may be stopped at any time or for any reason the guard sees fit.
All games must stop when someone is waiting to use the diving board.
8. **Toys of any kind, pool noodles, puddle jumpers, life jackets, and kick boards are not permitted in the diving board area.**

Guests

1. A member is allowed to bring up to 5 non-member guests into the pool enclosure. Members wishing to bring more than 5 guests at a time need to refer to the Pool Parties section.
2. A member in good standing must remain on the premises at all times with their guests.
3. Each guest must have a guest pass or pay the \$5.00 fee. Only one fee is collected per guest per day. All guests must be registered in the guest book beside the member's name.
4. Non-member babysitters must have a guest pass or pay \$5.00. Babysitters may NOT bring additional guests with them and must follow all rules and regulations of the Club.

Health and Safety Rules

1. Lifeguards are in place for the safety of all swimmers. Refrain from "chatting" with the guard while on stands.
2. Only persons demonstrating swimming ability to the satisfaction of the lifeguard on duty will be permitted in the deep water. Non swimmers must remain in water that does not go past their armpits.
3. If a swimmer's ability is questioned that person may be asked to move to a safer area. Swim Test Policy: Swim tests may be administered by lifeguards at the discretion of management or the lifeguard staff whenever deemed necessary to help ensure the safety of all patrons.
4. **Non-Swimmer Supervision and Swim Test Policy**

Definition of a non-Swimmer - A non-swimmer is any individual who cannot successfully pass the club's standard swim test, which consists of:

Step or jump into water over your head.

Return to the surface and float or tread water for 30 seconds without assistance.

Turn around in a full circle then find an exit. (ladder or side of pool)

Swim ladder to ladder in the middle section of the pool unassisted.

5. **Touch Supervision Requirement** - Any non-swimmer, regardless of age, must be accompanied in the water by a parent, legal guardian, or designated caregiver. The supervising adult must:
Remain in the water with the non-swimmer at all times.
Stay within arm's reach ("touch supervision") of the non-swimmer.
Maintain continuous attention to the non-swimmer and may not delegate supervision to another child.
6. **Three-Strike Swim Test Policy**
 - a. First Rescue - If a lifeguard must rescue a non-swimmer:
 - The swimmer must immediately take the club's swim test.
 - If the swimmer passes, they may continue swimming without restriction.
 - If the swimmer fails, they are restricted to the shallow end only for the remainder of that day's visit and must wear a U.S. Coast Guard approved life jacket.
 - The parent or guardian receives a formal verbal warning.
 - b. Second Rescue - If the same swimmer requires a second lifeguard rescue during the season:
 - The swimmer is restricted to the shallow end only.
 - The swimmer must wear a U.S. Coast Guard approved life jacket while in the shallow end for the remainder of the season or until successfully passing the swim test.

- The parent, legal guardian, or designated caregiver must remain seated at the pool edge directly adjacent to the swimmer whenever the swimmer is in the water.
- c. Third Rescue - If the same swimmer requires a third lifeguard rescue during the season:
 - The swimmer's pool privileges are suspended for 14 consecutive calendar days.
 - Before returning to the pool, the swimmer must either:
 - Successfully pass the club's swim test; or
 - Remain restricted to the shallow end while wearing a U.S. Coast Guard-approved life jacket, subject to all non-swimmer supervision requirements.
- d. Additional Provisions -
 - All rescues are cumulative for the duration of the current pool season.
 - Nothing in this policy limits a lifeguard's authority to enforce additional safety measures or remove any patron from the water when necessary to protect swimmer safety.
 - Failure of a parent, guardian, or caregiver to comply with the touch supervision requirement may result in removal from the pool and additional disciplinary action as determined by pool management.
 - Swim tests may be administered by any Spotswood Swim Club employed certified lifeguard on duty.
- 7. Spitting, spouting of water, or clearing of throat or nose in the pool is strictly prohibited.
- 8. In the event of injury the staff needs to be alerted right away. The incident will be recorded on an incident form regardless of outcome.
- 9. The main pool and the wading pool are hydraulically connected. If anyone defecates in either pool, both pools have to be closed and "shocked" with a large amount of chlorine to kill any bacteria that might have contaminated the pool. The pool can be closed without notice for up to 24 hours to remove all contamination. By law, the pool cannot be reopened until all bacteria has been removed and neutralized.

Toys and Life Jackets/Puddle Jumpers

1. Designated pool/water toys such as pool noodles, kick boards, Nerf brand toys, beach balls 16" and under, and water guns without a pullback handle are allowed. Tennis balls, baseballs, softballs, footballs, volleyballs and other NON-pool play items are not permitted. Inflatable rafts, rings or water wings are not permitted except on designated days.
2. Flippers/fins may be used in the pool, but must be removed to walk on the deck.
3. Anyone using a pool noodle or kick board must be able to swim the length of the pool without assistance or use the device in an area where he/she can stand.
4. Personal Flotation devices (Life jackets and "Puddle Jumpers") must have Coast Guard approval tags on them and are permitted in the **shallow area or middle area of the pool only** when the child is within arm's reach of an attentive adult age 16 or over. **Absolutely NO life jackets or puddle jumpers are allowed in the deep end and are not allowed to be worn when going off the diving board.**
5. Pool noodles, kickboards, and other toys may be restricted due to crowded conditions, improper use, or other reasons at the discretion of the lifeguards/management.

Wading Pool Rules

1. The lifeguards do NOT monitor the wading pool.
2. The wading pool is restricted to children 6 years and younger. Parents or responsible persons may play with children in the wading pool.
3. Children in the wading pool must be supervised at all times by a parent or responsible person of at least 16 years of age.
4. Babies and toddlers who are not yet fully toilet trained must wear swim diapers. Diapers must be snug enough to prevent solid waste from entering the pool. Regular diapers are prohibited in the pool. The caregiver will be asked to remove the child from the pool if he/she is not wearing the proper diaper.

Weather

1. At the sound of thunder and/or sight of lightning, the pool will close and will remain closed for 30 minutes until the last sight of lightning or sound of thunder. In the case of lightning, the pool deck is to be cleared immediately.
2. The decision to reopen following inclement weather will be at the discretion of the Head Guard/management.
3. When the air temperature is below 70 degrees and the pool water temperature falls below 82 degrees, the pool can be closed at the discretion of the Head Guard/management.

Pool Parties

1. Six or more guests are considered a party. Parties must be scheduled with the staff. A party fee is required.
2. Parties are scheduled on a first come first serve basis and are only scheduled after the deposit is paid, and the party agreement is completed and returned.
3. Parties are not booked during swim team events, holidays, and opening/closing weekend. The Head Guard/management has the right to reject a party request for any reason.
Party hosts are responsible for the behavior of their guests, especially regarding diving board usage.
5. All parties canceled due to weather will be given the option of a refund or to rebook. In case of inclement weather during the party, it may be rescheduled as time allows.

Miscellaneous

1. **Adult Swim Policy:** Adult swim will be called at the top of the hour for 10 minutes, except during swim team practice. The standard adult swim period may be extended to up to 15 minutes when lifeguard staffing levels require additional time for staff breaks. This adjustment may be made at the discretion of pool management to ensure adequate lifeguard coverage and safe operations.
2. Report any technical issue, problem, safety issue, etc. to the Head Guard or management. Situations arising and not specifically covered by these established rules shall be handled by the Manager or Head Guard on duty and reported to the Board of Directors.
3. Direct any appeals, suggestions, or complaints to the Board of Directors.