



All Mail: P.O. Box 193, Salinas, CA 93902

Location Only: 127 San Benancio Road, Salinas, CA 93908

Main: 831-484-1825 Email: titusparkswimtennis@gmail.com Website: www.tituspark.org

Pool Rules

GENERAL SAFETY RULES:

1. Glass containers of *any* type, style, or kind are not permitted within either pool or picnic area.
2. Walk everywhere! Running, pushing, wrestling, ball playing, or any other activity that may cause undue disturbance are not permitted in pool or the area around the pool.
3. Pets are not permitted in pool or pool area.
4. Spitting and nose blowing in pool or onto the pool deck are prohibited.
5. Swim fins may be worn in pool only, please do not walk on the pool deck with fins.
6. Inappropriate splashing is not permitted.
7. When jumping into pool, face pool and enter feet first.

KIDDIE POOL:

1. Kiddie pool is for children 6 years of age and under.
2. Swimsuit must be worn in and around kiddie pool (and main pool) - children 3 years of age and younger **MUST** wear swim diapers (in either pool).
3. No food products in pool.
4. Styrofoam (toys, kick boards, cups...) is not permitted.
5. All toys must be approved by lifeguard.
6. Furniture may be moved, however, not to within 3 feet of kiddie pool.
7. Jumping into kiddie pool is not allowed.
8. Parents or chaperones, at least 15 years of age, must be inside the fenced area and actively watching their children.

MAIN POOL - SHALLOW END:

1. When jumping into pool, face pool and enter feet first.
2. Jumping into pool is not permitted within 3 feet of stairs.
3. *Walk* on steps - pushing off bottom step *is* permitted, diving from any of the steps is **not** permitted.
4. Watch small children sitting on step, especially while playing tag.
5. Floating ring is to be put on over-the-head and while on step. No jumping into pool with ring *on*, and no jumping *into* ring.
6. Keep off rope; rope must remain above surface of water to mark area.
Note: Before telling anyone to get off rope, be sure person does not need help.
7. Balls are allowed only when few people are in pool. Be sure ball is thrown gently and *within* pool and not at anyone.
8. Floating rings, noodles, and diving sticks/rings may be used in shallow end only.
9. Noodles may be used one person at a time. No jumping into pool with noodle. Noodles may not be used to strike others.
10. Small children and beginning swimmers must be watched by their parents. Inform and encourage parents to use kiddie pool for their safety.
11. Styrofoam (toys, kick boards, cups...) is not permitted.

MAIN POOL - DEEP END:

1. Swimmer must have passed "Deep End Test" at Titus annually.
2. Stay near *side* of pool, not in diving area.
3. Diving toys are not allowed in deep end.
4. Diving is allowed only from side of pool that has diving board however diving must be away from diving board area. Dive straight out; diving into diving board area is not permitted.
5. No playing on or jumping off ladders.
6. Flotation devices are not allowed in the deep end.

DIVING AREA:

1. Step 1 - Wait for your turn on deck, not on ladder.
2. Step 2 - Wait behind the line on diving board until the previous diver has reached ladder.
3. Step 3 - Check to see that diving area is clear.
4. Step 4 - Walk to the end of the board slowly.
5. Step 5 - Jump - straight out.
6. Step 6 - Swim to ladder on *left*.
7. Only ONE bounce is permitted.
8. Only *forward* diving is permitted - no back dives allowed.
9. Diving/jumping into deep end of pool is permitted only from deck at right side of diving board - swim to ladder on *right*.
10. Parent must be in pool assisting child if child is in deep end and has not yet passed the deep end test.

DIVING TOYS:

1. Diving toys must remain in shallow end and should not be allowed to roll into diving area.
2. Coins are not permitted in pool.
3. All toys must be approved by lifeguard - no sharp edges, not too heavy, not too small.

ADULT SWIM:

1. Swimmer must be 18 years of age or older to swim.
2. Infants are not permitted.
3. Diving is not permitted.
4. Kick boards may be used.
5. Children must remain away from edge of pool - specifically, beyond drain line.

LAP SWIM:

1. Any person who has passed the deep end test may swim during this time.
2. Kick boards may be used.
3. Children are to be encouraged to swim laps continuously without prolonged visiting.
4. Long pool rope is to be used to divide pool - serious swimmers on one side and slower/ casual swimmers on other.

KICK BOARDS:

1. Pool owned kick boards are reserved for swim lessons, adult swim, and lap swim.
2. Privately owned kick boards may be used for their intended design and purpose - sitting/standing on them in pool is not permitted.

DECK AREA:

1. Shower is for **quick rinse** only, not for play or other activities.
2. Keep deck between kiddie pool fence and shallow end stairs clear of people, furniture, and other obstacles.
3. No food or beverages are to be consumed within pool's drain line area.

CEMENTED PICNIC AREA:

1. No standing or sitting on tabletops.
2. No running - running is allowed only on designated courts during play.
3. No throwing balls against fence.
4. No hanging from basketball hoops.

POOL FURNITURE:

1. Encourage persons to *lift* furniture when moving - dragging causes damage to both deck and furniture.
2. Standing on pool furniture (i.e., chairs or tables or lounges) is not permitted.
3. Additional small sand chairs are available and may be used if needed (but are returned to storage daily).

YOUNG CHILDREN:

1. Parent may toss his/her child while *in* pool, but may not toss child *into* pool, furthermore, tossing may take place only more than 12 feet from edge of pool and only when pool is not crowded.
2. Young children requiring life jackets, floating rings, or floaties are permitted in main pool of shallow end with direct **parent** contact and supervision.

OTHER GENERAL POOL RULES:

1. Members are to park in designated parking spaces in main lot or in dirt lot (located just before tennis courts or just after the basketball courts).
2. Staff is required to use dirt lot (located just before the tennis courts).
3. Parking on San Benancio Road is not permitted at any time.
4. All bikes must be parked at bike rack (located near front office).
5. Staff may only use their cell phone while on break and not on pool deck.

DEEP END TEST REQUIREMENTS:

1. Standards must be met annually.
2. Swim two widths of pool in shallow end near rope (between 5 ft. mark and rope).
3. Tread water for 30 seconds.

STAY ALONE TEST REQUIREMENTS:

1. Child must be at least 12 years of age.
2. Swim one width of pool using front crawl, then tread water for two minutes, then float on back or front for another two minutes.
3. Parent must complete and sign ***Emergency Medical Release*** form prior to administering test.
4. A new ***Emergency Medical Release*** form must be completed each year.
5. Test is administered by Head Lifeguard or Park Manager only.