## **POOL RULES**

- Always shower before using the pool.
- · Children under age 8 or in a lifejacket must be accompanied by a person age 16+ in the water.
- Only US Coast Guard approved lifejackets are allowed (none available bring your own).
- No inflatable flotation devices are allowed, including water wings.
- SCUBA style masks that cover the nose are not permitted.
- Anyone not fully toilet trained <u>must</u> wear a swim diaper. Child swim diapers are available
  at the front desk.
- Swimming attire is required in the pool. Mesh shirts and nylon lycra swimwear are acceptable. Cutoffs, personal undergarments and t-shirts are not allowed.
- Glass, street shoes, food and beverages are not allowed on the pool deck.
- Persons with open wounds, bandages or skin conditions are not permitted to use the pools.
- There must be two people age 16+ **in the water** for every 10 children under age 8 and/or in lifejackets (includes birthday parties).
- Bismarck Parks and Recreation District staff have the final decision for the safety of our patrons.

## WIBIT & DIVING BOARD RULES

- Must be age 6+ to use Wibits or diving boards (includes birthday parties) AND pass a swimming test (includes adults) issued by a lifeguard before use.
  - **Swimming test:** Jump in and completely submerge. Recover to the surface and float/tread water for one minute. Turn a full circle. Swim 25 yards to the other end without stopping. Exit the water without using the ladder.
- Diving Boards (no lifejackets allowed):
  - -Jump or dive straight off the diving boards in a forward-facing position. Inward dives and reverse dives are not permitted.
  - -After going off the board, exit the pool by swimming directly to the nearest diving bay ladder, not the pool edge.
  - -One bounce and only one person on the diving board at a time.
- Wibits (lifejackets allowed):
  - -Swimming under the Wibits and hanging on any ropes in the water is not permitted.
  - -Wrestling, pushing and roughhousing on the Wibits is not allowed.
- Bismarck Parks and Recreation District staff have the final decision for the safety of our patrons.

