



Rock Springs Pool Rules



General Rules

- Shower before entering the pool
- Must wear appropriate swim attire
- No Food/Drinks allowed on pool deck only on sun deck
- No T-shirts allowed in the diving area or Slide
- No balls or toys allowed
- Life jackets must be Coast Guard approved
- No floating tubes
- Pool is U shaped so it is deeper in the middle than the sides

Pool Rules

- **Rock Springs** Lifeguard is **Required**
- No Running
- No Horse Play (dunking, pushing, chicken fights, etc..)
- No Diving allowed except off of the diving boards
- Must exit the pool using the ladder, steps or zero depth entry
- No Hanging on the rope
- Have fun by obeying the lifeguard

Diving Board Rules

- Must complete swim test before going off the boards
- One person on the board at a time
- One bounce per person
- No T-shirt's or goggles allowed to be worn while jumping off the boards
- Must jump or dive straight off, not toward the side
- Must swim to the closest ladder to exit the pool
- Diving area must be clear before next person can get on the board
- No **BACK** Dives, this includes: Back Flips, Inwards, Reverses/Gainers

Slide Rules

- One person allowed on the slide at a time
- No T-shirt's or goggles allowed to be worn while going down the slide
- Swimming area must be cleared before next person can go down the slide
- Must sit feet first or lay on back going forward
- No head first or backwards entry on the slide