

JBLM Aquatic Rules

GENERAL RULES

1. Parents provide the first line of protection for children. Lifeguards are responsible for overall safety, not supervision. Please follow the rules below.
2. Please walk at all times
3. Place gum in trash before swimming.
4. Glass containers are prohibited in pool area.
5. Attire is swim suit or clean PT uniform except for approved military training.
6. Diving is not allowed at this facility.
7. Underwater swimming & breath holding are prohibited.
8. Lap lanes are for ages 10 & up and any child that possess a USA Swim card and passes the swim test.
9. Weights are not allowed in the deep end.
10. Misuse of equipment will result in the loss of privileges.
11. U.S. Coast Guard approved flotation devices are allowed in any depth 5'4" or less.
12. Tobacco products are prohibited at all indoor aquatics. Electronic cigarette are considered a tobacco product.
13. Children 15 years and under must pass the swim test to use the deep end.
 - * Swim Test - Tread water for 30 seconds & swim 100 feet without stopping. Crawl stroke with good breathing technique is required for 50 feet and a competitive stroke such as breaststroke, backstroke and butterfly may be used for the remaining 50 feet. Testers may not use doggy paddle, underwater swimming and arms must clear the water demonstrating endurance and strength in swimming. Youth unable to pass swim test are considered non-swimmers.
14. Lifeguards are responsible for your safety and must deal with circumstances not specifically posted. Please help by following their directions. Feel free to contact the pool manager if you have any questions.
15. Any individual, who acts inappropriately or unsafely, will be asked to leave the facility. Military police will be called if lifeguards are distracted from enforcing safety rules.

SOLDIERS FIELD HOUSE FAMILY SWIM RULES

1. No inflatable water toys such as but not limited to; water wings, blow up chairs, tubes, infant floats etc. are not permitted.
2. Non-swimmers* less than 4'2" must have a guardian in the water within arm's reach.
3. Only 2 non-swimmers* under 4'2" per guardian.
4. Guardians must be 18 years or older.
5. Ages 12 and under must have guardian in pool area at all times.
6. Playing on features, drains, ladders or railings is not allowed.
7. Standing or sitting on shoulders is not permitted.
8. No toys in the deep end.
9. Babies must be at least 6 months old to enter the pool.
10. Children who are not toilet trained must wear snug fitting swim diapers.
11. This is a family facility; profanity or inappropriate touching is not allowed.

SOLDIERS FIELD HOUSE DEEP END RULES

1. Back dives and flips are not permitted off the pool deck.
2. Wait at bottom of stairway until previous diver touches the wall.
3. Only 1 person at a time.
4. One bounce on the diving board.
5. Hanging on the diving board is not permitted.
6. Swim to the nearest ladder immediately.
7. During recreation swim, deep end will alternate 30 min ea. for swimming and for using diving board/tower.

Thank you for your cooperation. Have a safe swim!

