

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 in water less than 9' deep.
7. Underwater swimming & breath holding are prohibited.
8. Lap lanes are for ages 16 & older. Children 15 years and younger who wish to use the lap lanes must pass the swim test and actively be lap swimming. See rule 13 for swim test description.
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 MWR facilities. Electronic cigarettes are considered a tobacco product.
13. Children 15 years and under must pass the swim test to use the deep end and/or lap lanes.
 - * Swim Test:
 1. Enter the water and completely submerge.
 2. Recover to the surface and tread water for 30 seconds or back float for 30 seconds.
 3. Swim Front Crawl for 50 feet demonstrating rhythmic breathing and proper over arm recovery.
 4. Swim any competitive stroke of your choice for the remaining 50 feet.
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.

MCCHORD FAMILY SWIM RULES

1. Inflatable water toys such as, but not limited to, water wings, blow up chairs, tubes, infant floats, etc. are NOT permitted in the pool.
2. Non-swimmers* less than 4'10" must have a guardian in the water within arm's reach.
3. Only 2 non-swimmers* under 4'10" 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.

MCCHORD WADING POOL RULES

1. Wristbands are required to utilize the wading pool. Wristbands will differentiate by color every hour.
2. Wristbands will be distributed in a designated area during safety breaks (10 minutes to the top of the hour).
3. All patrons must re-enter the wading pool in the zero depth section.
4. Aquatic staff will distribute the maximum number of wristbands for the hour.
5. Children 6 months - 6 years are permitted to utilize wading pool, but children four and under must be within arm's reach of a guardian 18 years or older.
6. No inflatable toys, furniture, food and drinks.
7. No running, jumping or diving.
8. Limited to 8 patrons at a time.

Thank you for your cooperation. Have a safe swim!

