



General Rules

All patrons must obey all rules in accordance to the Ministry of Health and the Perth East Recreation Complex.

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- Each bather must take a soapy shower and rinse thoroughly prior to entering or re-entering the pool area. Participants should not be having showers during public swim time unless they are entering the pool or have completed their swim. Excessive unnecessary use of the showers is not permitted and is to be dealt with by employees as an discipline issue.
- Patrons must walk on the deck and in the change rooms.
- Food, gum or glass containers are not permitted on the deck or into the pool.
- Smoking is not permitted on the deck or in the spectator area
- Horseplay, running, spitting or profanity is not permitted. Zero tolerance is in effect.
- Sitting or swimming on the buoy lines is not permitted.
- No person shall pollute the water in the pool in any manner and that spitting, spouting of water and blowing the nose in the pool or on the deck are prohibited.
- No person infected with a communicable disease or having open sores on his or her body shall enter the pool.
- No boisterous play in or about the pool.
- A half hour waiting period is required after thunder or lightning.
- Any time the aquatic staff cannot see the black dot at the bottom of the pool, the pool will be cleared until visibility is restored.
- All floatation objects are to remain in the shallow end at all times during open swims.
- To participate in lane swim, participants must be 12 years of age or older and be able to pass the swim test

Swimming Attire

- To be on deck, all participants must be in bare feet. Street shoes are not permitted on the pool deck.
- Children in diapers must wear specialty diapers or snug fitting rubber pants.
- All participants must wear gender appropriate swim attire. Cut off jean shorts or street clothing is not permitted.
- T-shirts are not permitted in the pool unless someone is uncomfortable with their weight, has a see through bathing suit, or does not expose themselves in that manner due to religious reasons.

Deep End Use

- Swimmers must be able to swim two (2) widths of the pool without assistance in order to use the deep end and its amenities
- No personal flotation devices are allowed in the deep end - this includes but is not limited to PFD's, lifejackets, water wings, flutterboards, flotation belts, mats, noodles and inner tubes
- Diving is permitted in the deep end only



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Diving Board Use

- Swimmers must be able to swim two (2) widths of the pool without assistance in order to use the diving board
- Only one person is allowed on the diving board at a time
- One bounce only
- No inverse diving or cart wheels allowed. Feet only on the diving boards (no knees, hands or bums)
- No one may hang on the board or swim under the board
- Dive directly off of board (not to the side)

Entry for Pool Sides

- Entry must be forward at all times. Back dives or flips are not allowed off the side of the pool
- Diving off the poolside is allowed in the designated areas of the deep-end only. Absolutely no diving in the shallow end.

Toys

- Toys ie water wings, flutterboards, flotation belts, mats, noodles and inner tube, etc. are allowed in the shallow end of the pool under staff's discretion. The patrons will be properly educated on the correct use of the equipment by the guards.
- Pool equipment is not to be taken into the deep end.
- If the equipment is being used in an unsafe manner, it is to be removed from the pool.
- Water wings, Personal Floatation Devices or blown up tubes are permitted during public swims, subject to:
 - one parent per child
 - constant supervision
 - shallow end only
- Use of toys is only permitted if there is less than 30 patrons, or on the discretion of the guard. Staff is to consult with fellow staff if unsure if situation is safe or not.

Whistles Signals

When whistles are blown they should be long, loud and distinct.

MINOR INCIDENT / ALERT / DISCIPLINE SIGNAL	- 2 SHORT BLASTS
MAJOR INCIDENT and POOL CLEAR	- 1 LONG BLAST
POOL CLOSING	- 2 SHORT, 1 LONG BLAST

Facility Swim Test – Must Sees

In Order to Pass the Swim Test a Patron Must:

- Complete the entire distance
- Swim continuously
- Show strong forward movement
- Swim with face in water
- Show ability to take breaths
- Not touch the bottom
- Not stop and rest