

Palos Heights Pool Rules

1. No person having an infectious or contagious disease, excessive sunburn, abrasions, or having plaster pads, tape, or bandages of any kind shall be permitted in the pool.
2. No alcoholic beverages are allowed on the pool premises. Persons under the influence of alcohol or exhibiting erratic behavior shall not be permitted in the pool area. Police may be called for removal.
3. No outside food allowed in the facility.
4. The interior of the pool is non-smoking. Smoking is allowed outside to the north of the front entrance.
5. No running, rough play, or inappropriate behavior is permitted on deck or in the locker rooms.
6. Spitting, spouting of water, blowing nose or introducing contaminants into the pool is prohibited.
7. Unauthorized equipment such as masks, or snorkels may be used in lap lane area only. Any other articles used inappropriately or that may endanger other swimmers will not be permitted.
8. Swimming under lane lines causing interference with lap swimmers is not allowed.
9. All persons three years of age and older should take a cleansing shower before entering the pool.
10. No persons are allowed in the pool or shower areas with street shoes.
11. Proper pool attire will be worn at all times. Swimsuits are required to enter the pool. No other clothing may be worn in the pool other than white or light colored t-shirts or swim trunks. NO UNDERWEAR. Suits need to be family appropriate.
12. All children who are not toilet trained shall wear tightly fitting rubber or plastic pants over a swim diaper.
13. Everyone 3 years of age and older must have their own I.D. card to enter the pool.
14. Any child under 11 years of age must have an adult chaperone of 16 years or older. They must constantly supervise their children.
15. Parents & guardians are responsible for supervising their children. No one should swim alone. Guards are responsible for enforcing rules.
16. The pool water is not suitable for drinking. Avoid drinking pool water.
17. Wearing jewelry while swimming is not recommended.
18. No pets are allowed on pool deck property at any time.
19. Diving is permitted only in the diving well area.
20. Paging over the P.A. is not allowed except in extreme emergencies
21. Pool personnel will not be responsible for valuables placed in the lockers.
22. Swimming is prohibited at outdoor swimming pools when thunder & lightening is seen, including a 20 min. period after the last lightening or thunder.
23. Patrons must be off the deck, if lightening & thunder is seen. Patrons may wait in locker rooms to re-enter the pool.
24. Violators of the rules and regulations above will be subject to forfeit their pool rights.
25. The pool staff has complete authority to enforce safety rules and must be obeyed at all times.
26. Pool management has the authority to implement and enforce rules that are more stringent than the above listed.

Diving Board Rules

1. One person is allowed on the diving board at a time.
2. Divers must wait for the swimming area to be clear before diving.
3. Waiting on the ladders is not allowed.

4. One bounce maximum on board per dive.
5. Divers must swim across the pool, exiting at the ladders.
6. Adjusting the diving board fulcrum is not allowed.
7. No person will be dropped from the top of the diving board.
8. Catching jumpers off the diving board is prohibited.
9. No person may wear floatation devices while jumping or diving off board.

Drop Slide Rules

1. One person is allowed on the slide at a time.
2. All patrons in line must wait at the bottom of the stairs.
3. Feet first and belly up when riding the slide.
4. No goggles or sunglasses.
5. If patron cannot swim, they cannot go down the slide.
6. NO CATCHING.
7. Slide attendant must assure area is clear before going down.

Flume Slide Rules

1. All patrons must be at least **48 inches** tall to ride. Each person in question should be measured with the meter at the top of the slide. Each rider should be as tall as the meter stick or taller.
2. While in line everyone must wait on an individual marker and remain 6ft apart.
3. Riders must wait in the designated area for the attendant to signal your turn for the slide.
4. Only one rider can enter the slide at a time.
5. Swim wear with exposed zippers, buckles, rivets, or metal ornamentation are not permitted.
6. Goggles, eyeglasses, and sunglasses are not permitted.
7. If patron cannot swim, they cannot go down the slide.
8. No catching at the bottom of the slides.
9. Metal objects such as locker keys, jewelry, and watches are not permitted.
10. Lifejackets and other floatation devices are not allowed on the slides.
11. Slides must be ridden feet first lying on your back or in a seated position, facing forward. No other way is permitted by any patron OR STAFF.
12. Chains and lap riders are not allowed.
13. Riders must keep arms and hands inside the flume at all times.
14. Running, diving, standing, kneeling, rotating, and stopping in the slide is prohibited.
15. Once exiting the slide, obey the lifeguard's instructions and exit the splash pool quickly.
16. For safety reasons, pregnant women, elderly patrons, persons with heart conditions, high blood pressure, back trouble, or patrons on prescription medication should not ride this ride.