

Pool rules and regulations



General

- Patrons are required to wear proper bathing attire.
 - Clean t-shirts are permitted.
 - Jeans or jean shorts are not permitted.
 - Full coverage modesty swimwear is permitted.
 - Swim tops are optional for all gender.
- Cleansing shower is required prior to entering the pool.
- Coaching is not permitted.
- Personal equipment (i.e.: flippers, flutter boards, pull buoys) is expected to be cleaned and in good condition before being brought into the Aquatic Centre.
- No person shall enter the pool if they have been advised not to by a Physician or regional health authority.
- No person should enter the pool with open wounds or infections.

Children

- Infants or children who are not fully toilet trained must wear a swim diaper with plastic cover or reusable swim diaper while in the water.
- One parent/guardian must be present for every 2 children aged 0-7 years.
- Children aged 0-7 years of age must be within arms reach of a parent/guardian at all times.
- Water wings or similar inflatable floatation devices are not permitted.
- Children of the opposite gender are permitted in changerooms up to the age of 7. If assistance is required, the lifeguard should be notified.
- Lane swimmers must be 12 years or older, unless otherwise permitted by the lifeguard.

Deep end pool test

- Lifeguards may require patrons to perform a swim test before using the deep end.
- Patrons must complete phase 1, in the shallow end, before attempting phase 2 in the deep end.

Phase 1 - 25m swim

- Option A – front crawl
- Option B – breaststroke

Phase 2 - Entry and surface support

- Jump (feet first entry) into deep water.
- Tread water for 30 seconds.

Adult Lane Swim

- We have varying swim times with both 25m and 50m setup available.
- Swim test completion may be required in to access the deep end
- Lane swimmers must be 12 years or older, unless otherwise permitted by the lifeguard
- Please select the most appropriate lane based on posted signs
- Swimmers must swim in circular patterns, as posted on lane signs

Family Swim

- Defined family swim space available in both the shallow and the deep end will be clearly marked.
- Swim test completion may be required to access the deep end.

Inflatable swim rules

- Swim test must be successfully completed to use the inflatable.
- Children must be at least 5 years old for inflatable swim.
- Parents supervision is required for children 5-7 using the inflatable.
- No other swim activities are permitted while inflatable is in water (i.e.: lane swim, diving, family swim).