

MENLO AQUATICS CENTER COMPETITION POOL RULES

Competition Pool Rules

- ☺ Children under 14 years of age must be accompanied by and under the direct supervision of an adult 16 years or older.
- ☺ Parents must accompany non-swimming children and children in flotation devices. If a child has a flotation device on, the child must be within arms reach.
- ☺ Hanging, tugging on lap lanes and swimming under ladders is not permitted.
- ☺ Swim test will be administered every hour, on the hour, in the first lane of the competition pool.
- ☺ No diving in shallow end.
- ☺ No swimming between drop slide, rock wall, or diving board. Exit pool immediately.
- ☺ If you are not swimming laps, stay clear of the lap lane. Do not swim under the lap lane or those swimming in the lane.
- ☺ No hanging or swinging on hand rails.
- ☺ No running or rough play.
- ☺ No eating, drinking or gum chewing is permitted inside the pools.
- ☺ No swimming when lifeguard is absent.

Diving Board Rules

- ☺ The water is deep (12'6")—you must be able to swim to use this feature.
- ☺ Swimmers under the age of 12 are required to pass the swim test in order to use the diving board.
- ☺ Only one diving board will be used during normal hours of operation.
- ☺ One person on the diving board at a time.
- ☺ Swimmers may only bounce once while on the diving boards.
- ☺ All diving will be a forward jump, i.e., a forward dive straight off the diving board with one bounce.
- ☺ Back dives and dives with flips, rotations, stunts, maneuvers or tricks are prohibited.
- ☺ Exit the pool immediately at the closest ladder.
- ☺ Patrons must wait until swimmers arrive at the ladder before walking onto the diving board or jumping off the diving board.
- ☺ Do not touch the fulcrum/wheel on the board; fulcrum is to stay at the highest number, or smallest bounce.

Drop Slide Rules

- ☺ Non-swimmers are not allowed to use the slide.
- ☺ Swimmers under the age of 12 are required to pass the swim test in order to ride the slide.
- ☺ Warning: The water is deep! Depth ranges from 9' to 12'6" in this pool.
- ☺ One person on the slide at a time.
- ☺ Swimmers must wait for the attendant's approval in order to go down the slide.
- ☺ Go down the slide feet first, sitting or lying down; no spinning, twirling, or kneeling in the slide.
- ☺ Exit pool immediately at the closest ladder next to the lifeguard.
- ☺ Diving masks, snorkels, flippers and tubes are not permitted.
- ☺ No catching patrons at the end of the slide.
- ☺ Riders must be in good health. Elderly persons, those suffering from heart disease, high blood pressure, epilepsy, or persons using prescription medication should consult their physician before using the slide. Individuals with medical conditions including, but not limited to, pregnancy, heart, or back problems should not ride.
- ☺ Maximum weight is 300 pounds.
- ☺ No foreign objects are allowed in pockets and no jewelry can be worn while riding.
- ☺ Flotation devices are not permitted.
- ☺ Riders assume all risk of injury due to misuse of the slide or failure to follow these rules.

Rock Wall Rules

- ☺ The water is deep (11')—you must be able to swim to use this feature.
- ☺ Swimmers under the age of 12 are required to pass the swim test in order to use the rock wall.
- ☺ Flotation devices are not permitted.
- ☺ Rock wall line forms along wall.
- ☺ No more than two climbers on the rock wall at a time.
- ☺ No horseplay.
- ☺ Patrons must climb the wall vertically.
- ☺ Drop zone must remain clear of all swimmers.
- ☺ No diving. Feet first entries only.

MENLO AQUATICS CENTER LEISURE POOL RULES

Leisure Pool Rules

- ☺ Children under 14 years of age must be accompanied by and under the direct supervision of an adult 16 years or older.
- ☺ Parents must accompany non-swimming children and children in flotation devices. If a child has a flotation device on, the child must be within arms reach.
- ☺ Water depth is 3' 6" and the current is strong in some places.
- ☺ Walking or sitting along the walls of the Leisure Pool is prohibited.
- ☺ Do not jump over wall into the Activity Pool.
- ☺ No diving.
- ☺ Patrons must enter and exit only at designated areas.
- ☺ No hanging or swinging on handrails.
- ☺ No running or rough play.
- ☺ No eating, drinking, or gum chewing is permitted inside the pools.
- ☺ No swimming when lifeguard is absent.

Lazy River Rules

- ☺ Parents must accompany non-swimming children and children in flotation devices. If a child has a flotation device on, the child must be within arms reach.
- ☺ Patrons must be 48" to ride the River by themselves.
- ☺ Water depth is 3' 6" and the current is strong.
- ☺ Patrons may not enter from side of pool.
- ☺ Patrons may not stop, walk the opposite way, or hold onto the wall.
- ☺ Do not stack or stand on tubes.
- ☺ One person per tube.
- ☺ All patrons must have a tube in the lazy river.
- ☺ Walking or sitting along the walls in the leisure pool is prohibited.
- ☺ Running, pushing, dunking, or excessive splashing is strictly prohibited. Loud, boisterous, or unruly conduct or behavior will not be permitted.

Leisure Pool Slide Rules

- ☺ Non-swimmers are not allowed to use the slide.
- ☺ Swimmers under the age of 12 are required to pass the swim test in order to ride the slide.
- ☺ Warning: The water depth is 3'6" at the bottom of the slide.
- ☺ One person on the slide at a time.
- ☺ Swimmers must wait for the attendant's approval in order to go down the slide.
- ☺ Go down the slide feet first, sitting or lying down; no spinning, twirling, or kneeling in the slide.
- ☺ Exit pool immediately at the closest ladder next to the lifeguard.
- ☺ Diving masks, snorkels, flippers and tubes are not permitted.
- ☺ No catching patrons at the end of the slide.
- ☺ Riders must be in good health. Elderly persons, those suffering from heart disease, high blood pressure, epilepsy, or persons using prescription medication should consult their physician before using the slide. Individuals with medical conditions including, but not limited to, pregnancy, heart, or back problems should not ride.
- ☺ Maximum weight is 300 pounds.
- ☺ No foreign objects are allowed in pockets and no jewelry can be worn while riding.
- ☺ Flotation devices are not permitted.
- ☺ Riders assume all risk of injury due to misuse of the slide or failure to follow these rules.

Whirlpool Rules

- ☺ Parents must accompany non-swimming children and children in flotation devices. If a child has a flotation device on, the child must be within arms reach.
- ☺ Patrons must be 48" to enter the Whirlpool by themselves.
- ☺ Water depth is 3' 6" and the current is strong.
- ☺ Patrons may not stop, walk the opposite way, or hold onto the wall.
- ☺ No tubes in the Whirlpool!
- ☺ Walking or sitting along the walls of the Whirlpool is prohibited.
- ☺ Running, pushing, dunking, or excessive splashing is strictly prohibited. Loud, boisterous, or unruly conduct or behavior will not be permitted.

MENLO AQUATICS CENTER ACTIVITY & BABY POOL RULES

Activity Pool Rules

Activity pool is connect to the Leisure Pool

- ☺ Children under 14 years of age must be accompanied by and under the direct supervision of an adult 16 years or older.
- ☺ Parents must accompany non-swimming children and children in flotation devices.
- ☺ No climbing on the Activity structure. You must use the stairs.
- ☺ Do not jump over the wall into the Leisure Pool.
- ☺ No sitting, standing, or walking on the walls.
- ☺ No diving.
- ☺ Patrons must enter and exit only at designated areas.
- ☺ No hanging or swinging on handrails.
- ☺ No running or rough play.
- ☺ No eating, drinking or gum chewing is permitted inside the pools.
- ☺ No swimming when lifeguard is absent.

Baby Pool Rules

- ☺ Children under 14 years of age must be accompanied by and under the direct supervision of an adult 16 years or older.
- ☺ Swim diapers are required for children who are not toilet trained. Regular disposable or cloth diapers are not permitted in any of the pools. Swim diapers can be purchased in the bath house.
- ☺ No sitting on the whale's head or tail. Children may only sit on the body of the whale. Please do not plug his blow hole.
- ☺ Children must go down the slide feet first; no spinning, standing, kneeling, twirling, twisting, etc.
- ☺ No climbing on frog, other than stairs.
- ☺ No climbing or hanging on ropes or under the frog's tongue.
- ☺ Children must wait until the blue mat is cleared before they go down the slide.
- ☺ No hanging or swinging on hand rails.
- ☺ No running or rough play.
- ☺ No eating, drinking or gum chewing is permitted inside the pools.
- ☺ No swimming when lifeguard is absent.