

WCHS POOL SAFETY RULES

1. Take a shower prior to entering the pool.
2. Please spit out gum prior to entering the pool.
3. Jewelry is **not** to be worn.
4. **No one is to enter the pool without permission and direct supervision of the swim instructor or lifeguard.**
5. No running on the pool deck. You must walk at all times!
6. You must enter the water feet first in the lap pool at all times. **No diving, flipping, or cannon balls are allowed in the lap pool!**
7. No hanging on the lane guides.
8. No jumping or diving off starting blocks.
9. No one is allowed to swim under the bulkhead.
10. When diving, only one bounce and you must go directly off the end of the board. You may not jump or dive towards the side of the pool. Once in the water, you must swim directly to the side of the pool. The next person may not jump, until the person prior has reached the side of the pool.
11. You may not use any pool equipment without the permission of the swim instructor or lifeguard.
12. All pool equipment must be removed from the water before leaving the pool deck.
13. No horseplay. Examples: Splashing, dunking others under the water, riding on someone's shoulders.
14. Report all illnesses, accidents, or injuries immediately to the swim instructor or lifeguard
15. No food or drink is allowed on the pool deck. The only exception is water.