

Cardinal Hill Swim and Racquet Club

Pool and General Facility Rules

Introduction:

1. These rules are established for the protection of the Club, for the enjoyment of its members, lessees, renters and guests, and to ensure the safe, sanitary operation of the pool.
2. Members should explain these rules to their children and guests and instruct them to observe the rules, as well as any instructions given by the manager or staff.
3. Staff employees are to report infractions of the rules to the pool manager on duty. The manager is authorized to suspend an individual's pool privileges for a period of 24 hours. The manager will report all such suspensions to the Operations Committee within 24 hours. The Chairman (or Acting Chairman) of the Operations Committee may approve suspending the individual's pool privileges for an additional 48 hours. The Board of Directors will be notified of all suspensions. The Board will take appropriate actions as provided for in Article III, Section 10 of the bylaws.

General Rules:

1. All members, lessees and renters must complete the Membership Information Form and have digital pictures taken (at the Club facility) of all family members. These pictures will be maintained in the electronic database used by the Club to verify membership status.
2. All members, lessees, and renters must check in with the Desk Attendant, who will verify their identity. Guests will be registered at the reception desk when entering, and upon payment using Guest Tickets.
3. Children under age 10 are not permitted in the facility unless accompanied by a member adult or parent-approved chaperone over the age of 16. If the parent specifically approves an under-age chaperone on the Chaperone Registration form, this age requirement can be waived. All non-member chaperones also will be registered using this form.
4. The desk attendant will refer all questions regarding entrance to the manager on duty, whose decision will prevail. Follow-up questions, recommendations, etc. should be addressed to the Board of Directors.
5. The pool manager will ensure that standards for safety, health, etc., including those set forth in Fairfax County ordinances, are followed on all club property.
6. The manager on duty has discretionary authority to close the pools due to inclement weather, air temperature below 70 degrees, or for other health and safety reasons.
7. In the event of lightning or thunder, swimming and diving will be suspended for a period of 30 minutes following the last lightning bolt or thunder clap. Patrons must clear the pool deck but can remain in the locker room areas only. After the appropriate 30-minute time period has elapsed, the pool managers on duty will reopen the pool deck to patrons. The pool will remain closed for an additional 15 minutes while the lifeguards and managers prepare the pool for reentry. No

swimming or diving will commence until the lifeguards have resumed their chair and deck positions and the pool managers have determined conditions to be safe and have authorized reentry of swimmers to the pool.

8. All users of the Club facilities must conduct themselves in a courteous and considerate manner to assure the safety and enjoyment of the membership.
9. Members are responsible for damage caused by family members, household members or guests.
10. Rough play, including sitting or standing on shoulders, throwing, pushing, is never permitted.
11. Unless specifically authorized by the manager on duty, no floatation devices larger than one-person devices are permitted.
12. Appropriate bathing suits (no cut-offs or shorts) must be worn in all pools.
13. Club property (including chairs, etc.) may not be removed from the pool enclosure.
14. Members and guests must drive slowly and carefully on Club driveways and parking lots. Maximum speed limit is 15 mph. Please use the parking lot and do not park on the street. All bicycle riders should use the racks provided. No skateboarding on Club premises.
15. Foot showers must be used when exiting the volleyball court and grass areas.

Guest Rules:

1. Guest privileges may be extended to friends and relatives of Club members. However, the Operations Committee may restrict or suspend guest privileges to alleviate overcrowding of the facilities.
2. Every guest must be registered when entering the pool and is subject to the same rules as members.
3. Daily Guests. The cash fee for each guest is \$5.00 for weekdays, Saturdays, Sundays and holidays. Members may purchase books of five guest tickets for \$20.00, payable by cash or check.
4. House Guest. A person whose permanent residence is more than 50 miles from the Club and is visiting a member may qualify as a house guest. House guests must be pre-registered by the member 24 hours in advance to qualify for the special houseguest rate. Rates for houseguests are established annually by the Board of Directors.
5. Live-in and daily caregivers and chaperones who are not members of the Club must be registered at the front desk. Live-in care givers will be considered "family members" and will not be required to pay a guest fee. All other non-member care givers or baby sitters will pay a guest fee, unless they are club members or are not using club facilities.

Health Rules:

1. Swimmers are encouraged to shower before entering the pool.
2. Persons with an open sore, or skin problem, communicable sickness, etc., are not permitted in the pools.
3. Spitting or blowing mouthfuls of water is not permitted.
4. No animals, except for assistance animals, are permitted on Club premises.
5. Eating and drinking is permitted only in the Cabana, picnic, and Snack Bar areas.
6. Hazardous objects (glass and other breakables) are not permitted within the pool enclosure.
7. All trash must be deposited in containers provided.
8. No seating is permitted in deck areas designated as emergency vehicle access areas.

Baby Pool Rules:

1. Use of the baby pool is restricted to children 4 years of age and under.
2. Each child in the baby pool enclosure must be accompanied and supervised by a parent or the parent's assigned representative.
3. Rubber and plastic toys normally will be permitted in the baby pool. The manager may rule otherwise if necessary for safety reasons. Rafts are never permitted.
4. Children who are not toilet trained must wear appropriate swim diapers. The pool must be closed for several hours if there is an accidental defecation.

Training Pool Rules:

1. During normal operating hours the training pool will be open to children ages 4 through 9.
2. Each child in the training pool enclosure must be accompanied and supervised by a parent or the parent's assigned representative.
3. Rubber and plastic toys normally will be permitted in the training pool. The manager will rule otherwise if necessary for safety reasons. Rafts are never permitted.
4. Children who are not toilet trained must wear appropriate swim diapers. The pool must be closed for several hours if there is an accidental defecation.

Main Pool Rules:

1. Children under 4 years of age are not permitted in the main pool unless under physical control of a parent at all times.
2. Rubber and plastic toys (e.g., Nerf balls, swim noodles, diving rings) are permitted in the main pool at the discretion of the manager on duty. In all circumstances, lifeguards may request the removal of such toys from the pool, if the toys are being used in a manner deemed to be unsafe or a nuisance to other pool patrons.
3. During normal operations, a 10-minute rest period shall be called each hour by the lifeguards. Children under the age of 16 are not permitted to re-enter the pool until the lifeguards signal the end of rest period.
4. Children who are not toilet trained and incontinent adults must wear appropriate swim diapers. The pool must be closed for several hours if there is an accidental defecation.
5. Swimmers may use the roped off area between the main pool and the lap lanes to walk for exercise. No swimming is permitted in this area.
6. The lap lanes are designated for lap swimming. Walking for exercise in these lanes is permitted, provided that it does not interfere with lap swimming. Walkers are expected to clear a lap lane in the event that a patron would like to use the lane to swim laps.
7. More than one swimmer may swim laps in each lane.
8. Swimmers are not permitted to hang on the lap lines.

Diving Board Rules:

1. A diver must be able to swim independently to the ladder without the use of a floatation device (e.g., lifejacket, arm floats, water wings). The lifeguards and managers on duty can administer a swim test to determine whether persons can safely use the diving boards.
2. Divers are not permitted to wear swim goggles, masks, or other types of eyewear.
3. Divers must exit the pool at the ladder, not at the wall.
4. Divers may bounce only once before diving.
5. Divers must dive or jump straight off the front of the diving board.
6. No balls, toys, etc., may be used in the diving area.
7. No one is permitted to be in the area between the diving well and the lap lanes.
8. The diver waiting to use the diving board must wait on the concrete deck at the foot of the dive board.

9. Divers on the board may not begin their dive until the diver in the water has swum to the ladder.
10. Once a dive is completed, the swimmer must exit the diving well as quickly as possible.
11. Swimmers of any age are not allowed to catch divers. Children who are unable to swim on their own are not allowed to dive.

Water Slide Rules:

1. A swimmer must be able to swim independently to the wall or ladder after exiting the slide without the use of a floatation device (e.g., lifejacket, arm floats, water wings). The lifeguards and managers on duty can administer a swim test to determine whether persons can safely use the slide.
2. Swimmers must enter and exit the slide feet first.
3. The swimmer waiting to use the slide must wait on the concrete deck at the base of the slide ladder until the swimmer before them completes their slide and clears the slide landing area.
4. Once a slide is completed, the swimmer must clear the slide landing area as quickly as possible.
5. Swimmers of any age are not allowed to catch sliders. Children who are unable to swim on their own are not allowed to use the slide.