

HILLANDALE SWIM AND TENNIS ASSOCIATION
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www.freewebs.com/hsta/
“Health, Fun, Community”

RULES AND REGULATIONS
Revised 2006

These rules and regulations are for the benefit and protection of all members and their guests. They have been established to assure safe and sanitary operation and use of the pool facilities and enjoyable recreation for all members of Hillandale Swim and Tennis Association (referred to herein as “HSTA” or “pool”). Parents are requested to caution their children to observe all rules and to abide by the instructions of the Pool Manager, Lifeguards and HSTA Board members.

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GENERAL INFORMATION

POOL HOURS

- The pool hours are ordinarily established by the Board on an annual basis. Consult the Spring Newsletter, the Bulletin Board, the Pool Manager and/or the Operations Chairperson for details.
- The pool may be closed when necessary for maintenance operation, for inclement weather and at the discretion of the Pool Manager.

SWIMMING INSTRUCTION

- Individual and group swimming instructions will be offered at the pool. Check the HSTA Bulletin Board, the Pool Manager or the Operations Chairperson for details.

SWIM TEAM

- Swim Team practice will take place during designated morning and afternoon hours prior to and during the swim season.
- The Swim Team may use up to four (4) lanes of the pool for practice. The remaining lanes will be available for member use.
- Check the HSTA Bulletin Board or see the Swim Coach or Swim Team Chairperson for Swim Practice Schedules.

LAP SWIMMING

- Two (2) lanes will ordinarily be available for adults (16 and over) to swim laps.

REST PERIODS

- There will be a 10-15 minute rest period each hour for all swimmers under 16 years of age. During the rest periods, children will be out of the main pool and away from the main deck. Adult swimmers may use the pool during this time.

ADMISSION TO THE POOL

MEMBERS

- All current dues must be paid for admission to the pool. Members whose dues are not current will be referred to the Membership Chairperson.
- Member registration information will be on file and will be verified prior to admission.
- All members and children (if able) must sign a Daily Register prior to entering the pool.

GUESTS

- Members may bring non-member guests to the pool. Guest privileges for non-members are limited to five times per non-member for the season.
- Members must accompany their guests and must sign their names and each guest's name in the Guest Registration Book prior to entering the pool.

- Member's children 12 years or older may bring eligible guests if a note from the member-parent requests permission to admit a guest by name.
- The grandchildren of HSTA members are considered to be house guests.
- Members bringing a group of guests must pre-arrange with the Pool Manager or the Operations Chairperson, in order to ensure safe lifeguard staffing of the pool.
- The Pool Manager is responsible for the overall safety and functioning of the pool, and may prohibit the admission of a guest, limit the number of guests, or limit the times when guest privileges are allowed.
- Members are responsible for the fees and conduct of their guests. Fees are collected at the gate.

GUEST FEES

- \$2.00 per person weekdays and \$4.00 per person weekends and holidays.*(For groups larger than 6, See Group Fees below.)

HOUSE GUESTS

- The Board may, at its discretion, issue passes to members for use by bona fide house guests – fees to be determined by the Board

CHILD CARE PROVIDERS

- Adult child care providers for HSTA members' children may use the pool as if a family member only when caring for the member's children, with prior approval of the Membership Chairperson.

POOL RENTAL/GROUP FEES

- Group fees are available for larger groups. All groups consisting of greater than six non-member guests are considered "parties" and require a signed rental agreement. Please contact the Pool Manager, the Operations Chairperson or the Activities Chairperson to make arrangements prior to your plans.

HEALTH STANDARDS FOR THE POOL

GENERAL GUIDELINES

- All bathers must take a shower before entering the pool.
- All metal clips, hair pins, etc., must be removed before entering the pool.
- No member shall knowingly enter the pool, or permit a child or guest with a contagious disease, such as athlete's foot, ringworm, poison ivy or open wounds or sores, to use the pool.
- The Pool Manager has the responsibility to maintain the health and safety of the pool users and may request any questionable cases to be barred from using the pool.
- Spitting, spouting of water, nose blowing into the pool are strictly prohibited.
- Parents are cautioned to observe their children for fatigue. The Pool Manager or Lifeguards may request that a child get out of the pool to rest if fatigue or chill is observed.

- Children under 2 years of age will not be permitted in the main pool or wading pool unless they are wearing tight fitting rubber or plastic pants or specially-designed swim diapers. Ordinary disposable diapers are not considered equivalent to rubber pants. Disposable diapers are not to be put into pool trash receptacles. Disposal of diapers in the marked containers in the Wading Pool area only.
- Incontinent individuals must wear tight rubber pants.
- Only appropriate swimwear (no Cut-offs) will be worn in the pool.

SAFETY STANDARDS FOR THE POOL

GENERAL GUIDELINES

- All persons using the pool do so at their own risk.
- **NO** running, pushing, wrestling, dunking, holding onto the floating ropes or unsafe behavior in the pool or on the grounds.
- **NO DIVING** from the deck except in the areas that are designated in red. Running dives from the deck are prohibited.
- **NO SMOKING** in the pool, on the concrete deck area adjacent to the main pool, the shower room or anywhere in wading pool area.
- **NO GLASS CONTAINERS** anywhere within the pool or on the grounds.
- **NO METAL TOYS OR OBJECTS** are allowed in either pool.
- **NO CHEWING GUM** in the pool area.
- **NO FLOATING EQUIPMENT** in the main pool. Life-preservers and water wings are prohibited.*(Raft hours are posted on the HSTA Bulletin Board).
- Snorkels, flippers, masks and balls, etc. may be used **ONLY** at the discretion of the Pool Manager or Lifeguard.
- Lifeguards may exclude anyone from the main pool who has not demonstrated sufficient ability swim. *(Refer to rules for children).
- Non-swimming children are allowed in the main pool **ONLY** when a parent or adult member responsible for the child is in the pool with the child.*(Refer to Rules for Children).
- All injuries must be reported to the Pool Manager immediately.
- Talking with the Lifeguards in the chair is prohibited.
- Unauthorized persons are not allowed in the lifeguard chair.
- Swimming in off-hours or in the absence of the lifeguard is prohibited.

DIVING BOARD GUIDELINES

- One person on the diving board at a time, including stairs to the high diving board platform.
- Do not dive until the previous diver has reached the ladder to exit.
- Dive in forward direction only.
- No horseplay or clowning on the diving board.
- Swimmers must stay out of the diving well when the diving board is in use.
- Divers must not swim across the diving path of the other diving board.
- No excessive bouncing on the board.
- Use the ladder steps to get out of the pool.

- No running jumps or dives from the high board.
- Lifeguards may exclude anyone from the diving board who has not demonstrated sufficient ability to swim *(Refer to Rules for Children).

BABY POOL (Wading Pool)

- Only children under six (6) years of age may use the Wading Pool.
- Parents are responsible for, and shall watch their children in the wading pool at all times.
- Parents must remain in the wading pool area at all times. This is a Montgomery County requirement.
- The Lifeguard in the chair is responsible for guarding the main pool only.

RULES FOR CHILDREN

- All children under 6 years of age must be accompanied into the pool area by a parent or adult (16 or older) responsible for the child.
- Children under 12 years must be accompanied at the pool by an adult member of the child's family (16 or older) or a parent member of the association after 6pm, or else be off the premises by 6:15pm. **Parents should use their own judgment in determining when their child is ready to be at the pool on their own.**
- Unaccompanied children may be requested to leave the pool premises if their conduct is not in accord with the pool rules and regulations. Parents will be notified.
- Children 5-12 years of age who have passed the BASIC POOL TEST may be allowed to use the main pool.
- Children who have not passed the BASIC POOL TEST may use the main pool, only when a parent or adult responsible for the child in the pool with the child.
- Lifeguards may exclude anyone from the deep water who has not demonstrated sufficient ability to swim.

BASIC POOL TEST

- Will be administered by the Lifeguard:
- Child must be able to swim two (2) widths of the pool
- Child must be able to tread water for one (1) minute
- Swimmers must demonstrate confidence in swimming and display no evidence of fatigue.

HSTA GROUNDS (INCLUDING TENNIS COURTS)

SAFETY GUIDELINES

- The presence of intoxicated persons or the bringing of alcoholic beverages in any form on the pool premises is strictly prohibited.
- No abusive, offensive or profane language is permitted. Misconduct of this nature from a member or guest is reason for expulsion from the premises.
- Members shall drive slowly and carefully on driveways, parking areas and approach streets.

- No blowing of automobile horns to summon children from the pool area.
- Bicycles shall be parked in the bicycle racks or in designated areas. Skateboarding, bicycling, roller blading and the like are strictly forbidden on the grounds, including the tennis courts.
- Consumption of food and beverage is limited to designated areas (grass areas and upper pool deck only).
- All trash and recycling must be placed in the containers provided.
- No pets on the premises except for seeing eye dogs.
- Unauthorized persons shall not enter the office, snack bar or pool facilities without permission from the Pool Manager.
- A phone is available for necessary calls. Calls will be limited to 5 minutes.
- HSTA is not responsible for loss or damage to personal belongings, bicycles or automobiles.
- The cost of any damage to pool property caused by a member, family members or guest shall be charged to the sponsoring member.
- Suggestions concerning rules and regulations shall be directed in writing to the Operations Chairperson for consideration or may be left with the Pool Manager.
- Portable radios, stereos, MP3 players, televisions, DVD players and the like may be used only with earphones.

ENFORCEMENT OF RULES AND REGULATIONS

Violations of these rules and regulations are subject to review for disciplinary action by the HSTA Board of Directors. The operation of the pool will be under the direction of the Pool Manager. The lifeguards, under the supervision of the Pool Manager, are charged with enforcement of the rules and regulations and shall forward said report to the Board of Directors. Any person willfully violating any of these rules herein set forth may have his HSTA privileges suspended by the Pool Manager pending a report to the HSTA Board of Directors and subsequent action of the Board.

HSTA WILL NOT TOLERATE ANY BREAKING AND ENTERING. ANY UNAUTHORIZED PERSON WHO IS FOUND TO BE ILLEGALLY ON THE PREMISES AFTER THE POOL IS CLOSED WILL BE SUSPENDED FOR THE ENTIRE SWIM SEASON AND SUBJECT TO CRIMINAL PROSECUTION.