

LOMPOC AQUATIC CENTER

RULES & REGULATIONS



General Pool & Facility Rules

1. All patrons must shower before entering the pools.
2. Inflatable pool toys, mattresses, or water wings are not allowed.
3. Outside PFD's may be used if, they are US Coast Guard approved, are clean and are in good repair. The use of PFD's will not preclude a swim test.
4. Patrons requiring diapers or children under the age of three, must use approved waterproof swim diapers and plastic cover ups.
5. Proper swimsuits are required for those entering the pool, no cut-offs or any type or t-shirts allowed. Metal exposed zippers, buckles, rivets or metal ornamentation are not permitted.
6. Adults of Children age 3 and under must be in the water within arm's reach at all times. (1 to1 ratio).
7. Children ages 4 through 6 must be supervised by an adult in the water at all times (1 to 2 ratio).
8. Children 8 years old and younger must be accompanied by an adult at all times.
9. Children under 12 years may play on and be in the AquaPlay area
10. No foods, drink, or gum permitted in the dressing rooms or the pool area.
11. Children of the opposite sex, over 5 years of age, must change in the appropriate dressing room or the family changing room.
12. Glass or other breakable objects are not allowed in the facility.
13. Diving permitted ONLY in the competition pool.
14. No running on pool deck.
15. Chicken fights, sitting on shoulders, horseplay, or throwing of patrons is not allowed.
16. The City, the Department or staff are not responsible for lost or damaged items.
17. No pets, smoking, or alcohol permitted within 20 feet of the facility.
18. No skateboards, roller blades, scooters, and/or bicycles permitted inside the facility.
19. Lifeguard stations, rescue equipment, and buoy lines are for safety purposes only.
20. No public display of affection permitted inside the aquatic complex.
21. Facemasks or glass eyewear may be worn in the pool if the lenses are safety glass or high impact plastic.
22. Patrons may be asked to demonstrate their swimming abilities by passing a swim test. Swim Tests are given at the lifeguard's discretion.

23. The use of a camera or other picture taking equipment, including cell phones, is prohibited in locker rooms.
24. No abusive or profane verbal or body language.
25. Causes of undo disturbances or any activity endangering self or others are not permitted anywhere in the aquatic complex.
26. The City of Lompoc reserves the right to restrict the use of its facilities and premises to persons who exhibit inappropriate, abusive, and/or unsafe behavior.
27. Pools or recreation apparatus's may be closed without prior notice at the discretion of the city.

Competition Pool Rules

28. Forward, feet first or forward diving entry only, no flips or backwards entry.
29. Patrons may be asked to pass a swim test. Swim Tests are given at the lifeguard's discretion.
30. Ladders must be used to exit the pool.
31. Swimming lanes are designated for adult lap swimming only.
32. No hanging, sliding, or diving from ladders.
33. No hanging on rope.
34. No climbing in the gutters.
35. Starting block are for instructional and competitive purposes only.

Slide Rules

36. All users **MUST** be at **LEAST** 48 inches tall, by our measure mark- **NO EXCEPTIONS.**
37. All users **MUST** be physically capable to use the slide structure independently as a sole participant.
38. **CAUTION:** For safety reasons, pregnant women, persons with heart conditions, back trouble, other medical concerns, or with physical limitations and/or concerns should not ride the slides.
39. Only one rider to enter the flume at a time. **SINGLE RIDERS ONLY.**
40. Slide must be ridden feet first lying on back with legs firmly crossed at the ankles and arms folded across the chest.
41. Riders must wait for the **ATTENDANT'S** start signal before starting the ride.
42. Riders will not uncross legs or attempt to sit up until they have to come to a stop in the drop pool.
43. Running, diving, kneeling, rotating or stopping in the slide is not permitted.
44. All patrons must exit the pool immediately following their ride.
45. Maximum operational weight per person per slide is 300 pounds.

46. Metal objects, toys, and/or plastic objects; including keys, jewelry, exposed zippers, buckles, rivets, or metal ornamentation are not permitted while using the slide.
47. Eyeglasses must be securely affixed to riders with head straps.
48. Inappropriate behavior on the structure (to include the stairway) will not be tolerated.

AquaPlay Equipment

49. Children 3 years and under must have an adult within arm's reach at all times. (1 to 1 ratio).
50. Children ages 4 through 6 must be supervised by an adult at all times (1 to 2 ratio).
51. Adult of Children under 40 inches tall must wait at the slide run out to assist the child's exit.
52. Children under 12 years may play on and be in the AquaPlay area.
53. Maximum Operational Load: 1 person, 300 lbs, at a time per slide.
54. Swimwear with exposed zippers, buckles, rivets or metal ornamentation is not permitted. Locker keys must be worn on the front of the swim wear.
55. NO RUNNING on or around the AquaPlay area.
56. NO CLIMBING on the AquaPlay structure.
57. NO HANGING OR SWINGING on the pull ropes.
58. Valves and handles are accessible to allow participants to throttle and play with water effects.
59. Only one rider may enter the slide at a time. Single riders only! Never form a chain!
60. DO NOT RUN, DIVE, ROTATE OR STOP IN THE SLIDE.
61. Slide must be ridden feet first lying on your back.
62. Riders must wait for the slide to be clear or the lifeguard's start signal before starting the ride.
63. At the end of the slide, obey all signs and instructions from the AquaPlay lifeguard and exit the run out quickly.

CAUTION: for safety reasons, pregnant women and persons with heart conditions or back trouble should not ride this slide.

Inner Tubes

64. Patron will mount inner tubes from the water.
65. Patron should maintain six feet from the edge of the pool wall at all times.
66. Patrons may set, lay or kneel on the tubes, but not stand on.

Lap Swim Etiquette

67. Lap swim is permitted at scheduled times and days in the designated areas, and is subject to change.
68. Lap Swim opportunities are intended for persons 14 years and older for the purpose of training in an uninterrupted manner.
 - a. Younger swimmers may qualify for formal lap swim by passing a swim assessment administered by the Aquatic Supervisor or a Head Life Guard. The assessment requires a demonstration of the; Crawl Stroke with a consistent breathing pattern, good body position, supporting kick, and demonstrate endurance during a 100 yard, continues swim.
69. Expect to share lanes. 2-3 per lane
70. CIRCLE SWIMMING: Three or more swimmers in a lane MUST circle swim. Counter clockwise
71. Make shallow water lanes available to inexperienced swimmers if requested. The lifeguard on duty has the authority on placement of swimmers due to ability level.
72. Kickboards and pull-buoys are provided for lap swimmers engaging in exercise and training activities. Equipment is not to be used as a flotation device for non-swimmers.
73. Flotation devices are prohibited without authorization from the Aquatic Supervisor.
74. Use of toys is prohibited during general lap swim hours and in lanes designated for lap swim.
75. ENTERING: When you enter the water, NEVER dive, jump, or push off into oncoming swimmer. Wait until they have made the turn and pushed off.
76. PASSING: pass on the left. Tap the foot of the person in front of you before passing. If you are being overtaken at the turn, stop, and wait until the other swimmer has pushed off.
77. STOPPING: If you need to stop, squeeze into the corner to the right of oncoming swimmers, so they will have sufficient room to turn.
78. Lifeguards may ask you to switch lanes. Please accommodate our requests.
79. STARTING PLATFORMS: Only to be used with authorization from Aquatic Supervisor and only under supervision by certified swimming coach or LAC instructor.
80. Please return your swim equipment to the correct bins.

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