JCCSF Pool Rules

*Lifeguards are here to maintain a safe and enjoyable environment for all who use the Aquatics Facility, please adhere to their instructions at all time. Thank you!*

- **Food, drink and/or glass** are not allowed in the pool area at any time (water in non-breakable containers is allowed).

- **Children who are not potty trained** must wear swim diapers and a swimsuit at all times.

- **No diving** is allowed at any time in either pools or the Jacuzzi.

- **Running** is not allowed at any time in the Aquatic Facility.

- **Children age 12 and younger** must be accompanied by an adult (age 18+) at all times while in the Aquatic Facility. In the Lap Pool, children must be accompanied by an adult in the water and be swimming laps.

- **While in the Rec Pool children age 7 and younger** must have an adult (age 18+) in the water with them. Children age 5 and younger must have an adult at no less than arms length distance. One (1) adult may only supervise up to two (2) children ages 5 and younger.

- **Children age 14 and younger** are not allowed in the Jacuzzi at any time.

- **Only Coast Guard-approved life vests** are permitted. Other than Coast Guard-approved life vests no other outside floatation devices or toys are allowed in any pool.

- **Swimsuits** are required while using any pool or Jacuzzi.

- **Showering** is required before entering the pools or the Jacuzzi.

- **When using the Lap Pool, please be considerate of others and circle swim as needed.** Also, please be aware of aqua joggers using deep/shallow water. The Aquatics Lap Lane Availability Schedule is posted in the Aquatics Facility and at [www.jccsf.org](http://www.jccsf.org)

- **Children are not allowed to use the aqua weights or hand paddles.**

- **Please refrain from excessive or unnecessary conversation with lifeguards.**

- **If either the pools or the Jacuzzi is closed**, please do not enter the water for any reason.

- **When exiting the pool area**, please use the side entrances and refrain from entering the lobby while wet.

- **Please do not dress or change children’s diapers** in the pool area. Please use the family locker room.