



WESTERN LACHINE POOL - POOL RULES

March 2022

SAFETY RULES: LIFEGUARD SIGNALS

- **1 short whistle:** "Attention" - Please follow the instructions given by the lifeguard
- **3 whistles:** "Emergency" - Please exit the pool immediately and follow the lifeguards' instructions
- **One bell:** "Pool Open" - Swimmers may enter as directed by lifeguards
- **Three bells:** "Pool Closed" - Swimmers must exist the pool immediately
- **Instructions provided by lifeguards must be obeyed and respected at all times**

GENERAL POOL RULES

- These regulations are indicative; lifeguards can judge additional regulations if necessary
- The **Western Lachine Pool** declines all responsibility for lost or stolen items
- People not complying with these instructions may be expelled or disciplined according to the intervention procedures
- Swimmers are only allowed in the water if a lifeguard is on chair
- Swimmers must behave in a safe manner at all times
- Swimmers are to respect all instructions and lifeguard signals
- Showering is mandatory before swimming
- Wearing an appropriate bathing suit is mandatory
- It is mandatory that swimmers with shoulder-length hair tie back hair while in the pool
- All babies must wear a waterproof diaper
- Alcoholic beverages, gum, cigarettes, cannabis, vapes and glass objects are prohibited
 - If a person seems to be under the influence of any of the above, they will be denied access to the pool
- Diving is only permitted in the deep end of the pool where indicated
- It is prohibited to climb or jump into the water from the blocks during free swim
- It is prohibited to enter the pool from a run, do somersaults, back or reverse dives, except from the springboards
- No running, pushing, or shoving anywhere within the pool area
- It is prohibited to lean on the ropes

- Spitting, urinating or blowing your nose in the pool is prohibited
- Glass is strictly prohibited at the pool and only plastic containers for water are permitted on the pool deck
- Eating can take place on the grass area
- Persons with communicable diseases are not permitted at the pool
- The baby pool is restricted for children of 5 years of age and younger and must be accompanied by an adult, even in the presence of a lifeguard
- Water safety devices used by children are not substitutes for adult supervision
 - They will only be permitted with satisfactory adult supervision if allowed by a lifeguard

ADMISSION OF UNACCOMPANIED CHILDREN

- Children under the age of 12 years old must be accompanied by someone who is at least 14 years old to enter the site
- Children 8 years old and under and children who have not passed the swimming test must be accompanied in the water or wear a life jacket

DEEP END REGULATIONS

- One person at a time on the springboard
- The swimmer must stand in line and may only step onto the springboard when the swimmer in front has jumped
- It is prohibited to jump towards the wall
- It is prohibited to go under the ropes to access the other side of the pool
- Divers must swim to the ladder closest to their springboard
- Only children who have passed the swimming test can jump off the springboard
- Non-swimmers are not allowed in the deep end and in the 1.5 region

ACCESS TO THE SITE

- Swimming lessons are only available to members at an additional cost
- Guests and general admission are welcome at the pool for a fee
- The members badge must be available to be presented to the gate guard to access the pool
- It is prohibited to loiter in the changing rooms
- No animals permitted within the pool grounds
- It is prohibited to enter the office without the permission of a lifeguard