



### 300 CLUB SWIMMING IS FUN

Welcome to the 300 Club pool. We hope you enjoy your stay. Please take a moment and read this brochure. In order for you to have the best time ever, we ask that you follow our rules and guidelines.

Besides our daily recreational and lap swim, we have a variety of swimming programs that take place at the 300 Club such as Swim America swim lessons, Novice swim team, age group swim team, Masters swimming for adults, synchronize swimming, and lifeguard training. It is important that 300 Club members and the members of these groups know our rules and regulations.

The 300 Club pool is one of the best maintained pools in Gainesville, but it is very important for our members and rental groups to know the risks and adhere to rules that can prevent accidents and recreational water illnesses (RWIs). Chlorine kills germs, but it doesn't work right away, it takes time. Please help us reduce this risk.

### 300 CLUB SWIMMING POOL RULES OF CONDUCT

Some of the rules are dictated by the Board of Health. Others are for the safety and consideration of everyone. *In all cases, the Aquatic Director or lifeguard on duty has the final say.*

1. **Absolutely no** swimming when there is no Lifeguard on duty. Even though a lifeguard is on duty, parents should watch their child.
2. **All 300 Club members must sign-in** before swimming and are required to register (sign-in) their guests. (Please see Guest Rules).
3. Only participants in the rental programs are allowed in the pool at their designated time and cannot swim before or after that time unless they are also members of the 300 Club and the pool is concurrently open for members.
4. All swimmers must shower before entering the pool. Proper swimming attire is required, no cutoffs etc. Shirts to prevent sunburn are allowed if they are clean and are brought for that purpose.
5. **Children that are not toilet trained must wear a swim diaper or comparable protection. Do Not change diapers or swimsuits on the pool deck. Please use the bathrooms.**
6. Tennis shoes that have been on the clay courts are not allowed on the pool decks.
7. No one may swim with open sores, cuts, contagious skin conditions, or if they have diarrhea. Please don't expose others if you are ill.
8. Children must be 8 years old, and either 4 feet 8 inches tall or able to swim the length of the pool to be left without a parent or other responsible adult.
9. Feet first entry only except in the deep end or when using the competitive diving blocks
10. Diving blocks are not to be used in the first two lanes (closest to the fence). Please obey the signs.
11. **Glass containers are not allowed** in the entire pool area. Only plastic or paper water containers are allowed on the lower deck and bathrooms.
12. **No food or drinks are allowed on the lower deck.** Food and drinks are allowed on the upper deck only. Please clean up, since leftovers attract ants.
13. **No smoking** in the entire pool area (upper and lower decks, bathrooms and office).
14. No running on pool decks. No hanging on safety line or lane lines. Swim under lane lines - not over them. No unnecessary splashing and no dunking, pushing, or shoving. **Do not play on the ladders.**
15. Flotation devices, balls, Frisbees, noodles, jogging belts, fins, masks and snorkels are permitted only at the discretion of the Lifeguard. The Lifeguard has the authority to restrict or prohibit any device deemed unsafe.
16. Please don't use swimming aids (such as "water wings") with children in place of life jackets or life preservers.
17. Kickboards and pullbuoys are for member use. Please do not remove kickboards or pullbuoys from lanes in use. Please return items to their proper place when you are finished.
18. Please protect your child against sunburn by using sunscreen with at least SPF 15 and both UVA and UVB protection and be sure to reapply after swimming.
19. Members are not allowed on lifeguard chairs.
20. The lanes are prioritized for lap swimming, but will be moved over for recreational purposes when available. Ask the lifeguard on duty.
21. Members are expected to share lanes by splitting the lane or by circle swimming. Please be willing to share "your" lane with other swimmers.

### BATHROOMS

1. No smoking, food or drink in the bathrooms.
2. Children 5 years and older are not allowed in opposite sex bathrooms.
3. When changing diapers, please disinfect the area used and wash hands thoroughly. Dispose of diapers properly.
4. Do not leave swim bags on the benches or valuables in bathrooms. The 300 Club is not responsible for lost or stolen articles.
5. Tennis players should **use the Tennis 2-Step** before entering the bathrooms.
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#### GUEST RULES

1. **Members must accompany and sign-in their guests.**
2. Equity members can have 3 free guests per quarter, but must sign them in.
3. A fee of \$5.00 plus tax, per adult guest and \$2.00 plus tax, for those under 18 years will be billed. There is no pool charge for out of town, overnight house guests for equity members. Please sign in and indicate type of guest on the sheet. See tennis rules for court usage.
4. A member may not bring more than six (6) guests to the pool at one time without prior permission. Please contact the Aquatic Director or Club Manager.

#### MISCELLANEOUS

1. Swim at your own risk. The Club is not responsible for injury.
2. Please direct complaints to the Aquatic Director, Swim Chairperson or Business Manager, not the coaches or lifeguards.
3. Please be considerate and keep the area clean.
4. Check the pool office or ask a lifeguard for lost and found articles.

#### Recreational Water Illnesses

Recreational water illnesses (RWIs) are spread by swallowing, breathing, or having contact with contaminated water from swimming pools, spas, lakes, rivers, or oceans. The most commonly reported RWI is diarrhea caused by pathogens such as *Cryptosporidium*, *Giardia*, *Shigella*, and *Escherichia coli*.

Infection with *Cryptosporidium* can be life threatening in persons with weakened immune systems. Other RWIs can cause various symptoms, including skin, ear, eye, respiratory and neurological infections.

Children, pregnant women, and persons with compromised immune systems are at greatest risk from infection with these pathogens. Children are particularly vulnerable to RWI because of their developing immune systems and high exposure to recreational water. However, many parents remain largely unaware of RWIs, and most may underestimate their children's risk of getting sick from swimming. Preventing the spread of RWI requires a 2-fold approach with steps to prevent self-exposure and contamination of others. Swimmers must refrain from contaminating the water (e.g., avoiding swimming while having a diarrhea illness), and swimmers must also avoid exposing themselves to contaminated water, especially by swallowing it. Parents must adopt behavior modifications that can reduce the risk of their children contracting RWI and contaminating recreational water.

(Taken in part from [www.healthyswimming.org](http://www.healthyswimming.org))

#### **Practice the three "PLEAs" to stop germs from causing illness at the pool.**

##### **Three "PLEAs" for All Swimmers**

**Please** don't swim when you have diarrhea. This is especially important for kids in diapers. You can spread germs in the water and make other people sick.

**Please** don't swallow the pool water. In fact, avoid getting water in your mouth.

**Please** practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

##### **Three "PLEAs" for Parents of Young Kids**

Follow these three "PLEAs" to keep germs out of the pool and your community:

**Please** take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.

**Please** change diapers in a bathroom and not at poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.

**Please** wash your child thoroughly (especially the rear end) with soap and water before swimming. Everyone has invisible amounts of fecal matter on their bottoms that ends up in the pool.