1. Eating, drinking, gum chewing, and smoking are not allowed in the pool area. Also, glass containers are not allowed.

2. Running on the deck, chicken fights, and horseplay of any kind are not tolerated in the pool or pool area.

3. Bathing suits must be worn by all. Cut-offs, gym shorts, sport bras, underwear, shirts are not allowed.

4. Kickboards are for kicking laps in the designated lap lanes only. They should not be sat on, used for “surfing,” or for any other use that they are not intended. They are not permitted in the free swim area, and they may not be used as floats for children.

5. A swimmer may not use fins or paddles when the lane is being shared.

6. Noodles and lifejackets are the only flotation devices permitted in the pool during open swim.

7. Shoes and sneakers must be taken off before walking on the pool deck. In addition, baby carriages are not permitted on the pool deck.

8. Soap showers must be taken by all before using the pool, especially by those coming off the patio with lotions on their bodies.

9. Pool equipment and chemicals are to be handled by the pool personnel only.

10. Starting blocks may only be used during swim practices.

11. Lane lines are designed to separate lanes. They must not be hung on or abused in any way.

12. The lifeguard stands are for lifeguards only.

13. Adults take priority over children in the designated lap lanes.

14. All non-potty trained children must wear a swim diaper.

15. Children who cannot swim must be accompanied by an adult at all times.

16. Swimming is not permitted without a lifeguard on duty.

17. Profanity, fighting, any other inappropriate behavior (including inappropriate intimate contact) will not be tolerated. In addition, patrons should treat each other and the staff with courtesy and respect.

18. If there are more than two lap swimmers sharing a lap lane, then laps should be swum in a circle.

19. Pets are not allowed into the pool or surrounding area.

20. Swimming near the drains is potentially dangerous and is not permitted.

21. Band-Aids should be removed before entering the pool.
22. Diving is not permitted in the main pool. The starting blocks are designed for competitive, swim practices where there is a coach. Keep patrons off of them.

23. Running and jumping into the water is not allowed.

24. Swimming under water for more than \( \frac{3}{4} \) of a length is not permitted.

**DIVE WELL RULES**

1. The lifeguard is responsible for all diving well activities. Use of the diving well may be restricted by the lifeguard. For instance, the lifeguard may close the high dive for a few minutes if a group of patrons wishes to play water basketball.

2. All patrons using the diving well must be able to swim 50 yards on their own and tread water for two minutes.

3. The diving well may be used for diving, water sports, and water therapy (treading and running).

4. Free swimming and lap swimming are prohibited. Hanging onto the sides, hanging out in the pool, and swimming to the bottom are also not allowed.

5. Diving may be performed from the boards only.

6. Dives or jumps must be performed forward, off the front of the board, toward the middle of the pool. No back dives, handstands, cartwheels, or any horseplay allowed. Running dives/jumps are not allowed.

7. Once a dive is performed, the diver must exit the pool by the nearest ladder.

8. One dive may be performed at one time. No two divers may dive into the pool at the same time.

9. Only one person may be on the board at one time. The next person in line must wait on the deck, not on the steps or the ladder.

10. Only one bounce is allowed off the diving board.

11. All patrons using the high diving board must be at least 4 feet tall.

12. Water balls may never be used with the boards. No shooting from boards or from the deck. Throwing the ball to someone jumping off the board is not allowed.

13. The water basketball backboards and rim heights have been preset and may not be adjusted. Do not grab the rims.

14. The fulcrums, which are the devices used to adjust the spring of the boards, have been preset and may not be adjusted during recreational diving.
Massachusetts Pool Health Regulations

1. All persons are required to take a cleansing shower bath before entering the pool. No bather shall enter the pool unless he first takes a cleansing shower.

2. No person with a communicable disease is allowed to use the pool.

3. No person suffering from a fever, cough, cold, inflammation of the eyes, nasal or ear discharges, or any communicable disease shall be allowed the use of the pool.

4. No person with sores or other evidence of skin disease, or who is wearing a bandage or medical covering of any kind, shall be allowed the use of the pool.

5. No person shall spit in or in any other way contaminate the pool, or its floors, walkways, aisles, or dressing rooms.

6. No bather shall wear a bathing suit that is unclean.

7. No glass, with the exception of shatterproof light shields, shall be permitted in the pool or on walkways within eight feet of the pool.

8. No person shall bring or throw into the pool any object that may in any way carry contamination or endanger the safety of bathers.