

# Seven Bridges Field Club

## Rules and Regulations

Revised October, 2007

### POOL

1. No swimming without a lifeguard on duty.
2. No pushing or shoving people into the pool.
3. No hanging on the lane lines.
4. No swimming while chewing gum or wearing bandages, hairpins, or other objects that may come loose and damage the filters. Plastic pants must be worn over disposable diapers since they may also damage filters.
5. **No diving from the pool deck in less than 8 feet of water. Diving from the pool deck is permitted only from the south and west walls of the deep end away from the diving board. (State regulation).**
6. The use of equipment such as inner tubes, rafts, face masks, etc. and any ball play in the pool will be at the discretion of the lifeguards.
7. No child will be permitted in the deep end unless he/she has passed the deep water test or is accompanied by a responsible person. The deep water test is conducted by the lifeguards and consists of swimming two continuous laps using any stroke and treading water for 1 minute.
8. The center lane of the pool will be roped off for those who would like to swim laps. Please keep clear of this area except for swimming laps or for crossing to and from the deep end. The lane may be removed at the discretion of the lifeguards.
9. The baby pool is for the use of young children and accompanying adults. No children over the age of seven are allowed in the baby pool. **Accompanying adults have total responsibility for children using the baby pool.**
10. Whenever conditions render the use of the pool unsafe (high chlorine content, thunderstorms, etc.), the lifeguards or members of the Board may close the pool. In such an event, everyone must immediately exit the pool. The pool will remain closed for 15 minutes after the last thunder is heard. **This is a Health Department requirement-please cooperate with the lifeguards.**

### Diving Board

1. Only one diver is allowed on the board at a time.
2. Before diving, the diver must make sure that the previous diver and other swimmers are clear of the diving area.
3. The diver will dive directly off the end of the board, not to either side.
4. The diver will swim immediately to the side of the pool after completing a dive.

## Pool Area (within the fenced area)

1. All members and guests must sign in at the lifeguard office upon arrival.
2. No children under 10 years old are allowed unless accompanied by a responsible person. Lifeguards are **not** permitted to baby-sit during their working hours.
3. No running or rough play.
4. **No glass containers.**
5. All food and drink will be confined to the grassy areas.
6. No sitting on the fence.
7. No unauthorized persons are allowed in the lifeguard office.
8. No unauthorized persons are permitted in the equipment area behind the lifeguard office. Pool chemicals and machinery are stored in this area.
9. No one is permitted to use safety or maintenance equipment or first aid supplies unless authorized by the lifeguards or members of the Board.
10. In the event of a fire or other emergency, the lifeguards will direct everyone to evacuate the club. Those cars parked in the spaces closest to the pool in the Seven Bridges Road lot will have to relocate to allow access for emergency vehicles.

## Lifeguards

1. The on-duty lifeguard will always be in or by the lifeguard chair. The lifeguard should not be unnecessarily distracted or talked to while on duty.
2. The on-duty lifeguard will wear a whistle and use it to signal bathers and others when necessary.
3. All accidents must be reported to the lifeguard on duty immediately.
4. Lifeguards are responsible for the cleanliness of the pool, the pool area, and the restrooms. Anyone dirtying these areas will be required to clean them up.
5. The lifeguards may take any reasonable action necessary to ensure the safety and comfort of those within the pool area.
6. Complaints about lifeguard performance, particularly issues affecting pool safety, should be brought to the attention of a Board member.

## Grounds and Facilities

1. No littering
2. No alcoholic beverages are allowed on the Club grounds.
3. No smoking in any Club buildings.
4. No pets are permitted on the Club grounds. If a stray pet is found, the owner or the town's Dog Control Officer will be called to remove it.
5. No fireworks, including sparklers, are permitted on Club grounds.
6. No one is permitted on the club grounds except for Club members and valid guests. Trespassers may be prosecuted.
7. Bicycles must be left in the parking lots or in the bike racks provided. No bicycles or other vehicles are allowed elsewhere on Club grounds.

## **Enforcement and Penalties**

1. Parents are responsible for making their children aware of Club rules and ensuring that they abide by them.
2. Lifeguards and Board members are authorized to enforce all rules and to penalize flagrant or repeated violations with a suspension of pool privileges for a limited time.
3. Lifeguards may request longer penalty periods if violations are repeated, flagrant, or result in personal injury. Suspensions of more than one day must be authorized by the Board of Directors.
4. Parents will be notified when children are suspended for one or more days.

## **Guest Privileges**

1. A guest is any non-member entering the Club grounds at the invitation of a member. There is no charge for bringing guests to the Club.
2. All guests must be accompanied by a member and sign in at the lifeguard office.
3. Each adult guest (21 or older) is limited to only two visits per month. Exceptions may be made for short term out-of-town family members or guests.
4. Junior members (under 21) are limited to no more than 3 guests per visit. Subject to insurance policy requirements.
5. Members desiring to have a group of guests or to hold a function such as a birthday party at the Club must contact the Board for permission.
6. Guests must abide by all Club rules and may be banned from further guest privileges for repeated or flagrant violations of the rules.

## **Swim Team**

The Seven Bridges swim team, “The Swamp Rats”, has a proud tradition of member participation and success. All swimmers between the ages of 6 and 17 who can pass the deep water test are eligible and encouraged to join. There are approximately six meets against area clubs each year. Meets are held during July with Swim, Diving, and All-Star Championships held at the end of the season. Practices are held each morning after the end of the school year. Team dues are collected in order to defray the costs of ribbons, trophies, league membership fees, and the team banquet.

## **Swim Instruction**

Private lessons are available directly from the lifeguards for an additional fee.

\*Please note that certain rules may be waived for special events at the discretion of the Board.