

## **RULES AND REGULATIONS AT AQUATIC FACILITIES**

### **(Swimming pools, wading pools and splash pads)**

- 1- Those in charge of the aquatic facilities have full authority over these premises and reserve the right to take disciplinary action against—or expel—anyone who breaks any of the rules and regulations mentioned below or who adversely affects the activities or safety of the other swimmers or who shows a lack of respect, courtesy or politeness. Legal action may be taken in the event of any assaults or acts of indecency.
- 2- It is prohibited to enter the premises of the swimming pool, wading pool or splash pad when no lifeguard is on duty.
- 3- Access to the swimming pool, wading pool or splash pads is prohibited to anyone with diarrhea, a contagious or infectious disease, a skin disease or skin lesion.
- 4- It is mandatory to take a shower before swimming. It is highly recommended to go to the toilet before entering the water.
- 5- Entry will be refused to anyone under the influence of drugs or alcohol.
- 6- A piece of identification may be requested at any time by the employees of the facilities.
- 7- A piece of photo identification is necessary to borrow a personal flotation device (PFD).
- 8- Swimsuits must be used only for swimming and must not interfere with swimming. A lifeguard can help you, if need be. "Swimmer" diapers are not considered to be swimsuits and are prohibited in the water. At all times, the swimsuits of girls who are six years old or over must include tops as well as bottoms.
- 9- It is prohibited to chew gum or consume any food or drinks at the swimming pool, wading pool, splash pads or in the area surrounding them, except water in a plastic bottle. No glass containers are allowed.
- 10- It is prohibited to run, shove or push anyone into the swimming pool, wading pool or splash pads or around these facilities.
- 11- It is prohibited to spit, urinate or blow one's nose in the swimming pool, wading pool or splash pads.
- 12- It is prohibited to smoke within the limits of the swimming pool, wading pool or splash pads as well as in the public building.

13- Shoes, sandals and sneakers worn outdoors are prohibited in the area surrounding the wading pool.

14- Nursing a baby is allowed throughout the facilities.

15- If need be, additional rules may be enforced in any situation undermining or adversely affecting safety, hygiene, public health, public decency, courtesy or politeness.

### **IN CASE OF EMERGENCY**

1. A long whistle indicates an emergency. If this signal is heard, all swimmers must stop and follow directions.
2. Lifeguards and those in charge of the pool must be automatically informed of any accidents or incidents.
3. Everyone must immediately evacuate the facilities and/or premises at the request of a lifeguard or person in charge of the facilities.

### **SWIMMING POOL**

- 1- It is prohibited to swim in the area reserved for diving or to dive into the shallow part of the pool.
- 2- All floating objects will be prohibited during free swim periods. Only personal flotation devices (PFDs) accepted by the staff will be allowed for children who do not know how to swim and are accompanied in the water by an adult in a swimsuit. Inflatable flotation devices (back floats, for example) are not allowed.
- 3- Floating objects, balls, etc. authorized by the aquatic staff will be allowed during "*Eau plaisir*" pool periods, if they don't interfere with watching over the swimmers. Water pistols are prohibited at all times.
- 4- Chairs and strollers will be accepted only in areas set up for this purpose by pool management staff.
- 5- Children under 24 months of age may not go into the water and must be watched at all times by a responsible adult.
- 6- Children under age six may go into a swimming pool or wading pool alone if they are at least the minimum height indicated at the entrance to the facilities or if they meet all of the following requirements:
  - Know how to swim
  - Follow instructions
  - Have a sense of direction at the site
  - Able to go to the toilet alone

Access to the swimming pool will be allowed if children show that they meet all these requirements.

A swimming test may be required and given by the swimming pool staff at all times, in order to ensure the swimmer's safety.

- 7- A responsible personal attendant may watch over only one child who doesn't know how to swim and is not wearing a personal flotation device.
- 8- A responsible personal attendant may watch over 3 children wearing a life jacket or vest. We encourage you to bring your own life jacket or vest in order to make sure that the size you need will be available at the time of your visit.

Pool management may, at any time, make the rules stricter in order to ensure safety at the facilities or require that a personal flotation device be worn.

The personal attendant must supervise his/her group by remaining near those children during their visit to the swimming pool, in order to ensure their safety. **Their safety is a shared responsibility.**

### **DIVING BOARD AREAS**

The following rules apply to the swimming areas in order to ensure a safe environment. Those in charge of the pool have authority at all times.

- 1- It is prohibited to swim in the area reserved for diving boards.
- 2- You must hold the rungs of the ladder when climbing up to the diving boards. To reduce the risks of falling, don't hold onto the guard rails when diving.
- 3- You must climb up to the diving board one by one and wait until the diver before you has reached the ladder or the other side of the rope separating the deep end of the pool from the shallow part, before you dive into the water.
- 4- It is prohibited to run or make double jumps on the diving board.
- 5- You must dive in front of the diving boards and not diagonally.
- 6- After your dive, you must get out of the water as quickly as possible and use the closest ladder.
- 7- It is prohibited to hang under the diving boards.
- 8- If need be, additional rules may be enforced in any situation where safety is at risk.
- 9- Children wearing a personal flotation device (PFD) or a hippo belt are not allowed access to the diving boards, except during the periods of time reserved for swimming lessons and under the supervision of a swimming instructor.

### **SLIDING AREAS**

The following rules apply to the swimming areas in order to ensure a safe environment. Those in charge of the pool have authority at all times. It is prohibited to swim in the area reserved for sliding.

- 1- You must hold the rungs of the ladder when climbing up to a slide.
- 2- You must go one by one when climbing up to a slide and wait until the slider before you have reached the other side of the rope.
- 3- You must slide in a seated position, feet first.
- 4- You must get out of the sliding area as quickly as possible.
- 5- Children wearing a personal flotation device (PFD) or a hippo belt are not allowed access to the slides, except during periods of time reserved for swimming lessons and under the supervision of a swimming instructor.

### **FILTERED SPLASH PADS AND WADING POOLS**

1. Age limit: 10 years old. Children under age 6 must be accompanied by a responsible person who watches over them at all times.
2. Children who are unable to walk alone in the water must be accompanied in the water by a responsible adult, who must be wearing a swimsuit or may wear his/her regular clothes, provided that he/she is positioned at the minimum height of 15 cm (6 inches) above the surface of the water.
3. Foot bathing is prohibited for anyone over 10 years old.
4. It is prohibited to dive into the wading pool.
5. Only objects authorized by the attendant are accepted in the wading pool, provided that they don't interfere with watching over the swimmers. Water pistols are prohibited.
6. Inflatable flotation devices (back floats, for example) are not allowed.

### **SPECIAL CASES**

#### **Floating objects**

- During free swim periods, no toys are tolerated in the pool.
- During "*Eau Plaisir*" periods, geared toward fun and play, you must use the materials belonging to the City. However, the activity must remain safe and the materials must not be damaged, stolen or destroyed. Their main use is for swimming lessons.
- Water pistols are prohibited.

### **Life jackets/vests/PFDs**

- To borrow a life jacket or vest, a *carte-loisirs* or any other photo identification card must be given in exchange. Keys, watches, jewellery or any other personal belongings will not be accepted instead of a card.
- These are reserved for young children who don't know how to swim and who are accompanied by a responsible adult (age 16+) in the water.

### **SPECIAL CASES FOR WADING POOLS**

#### **Feet in the water (parents)**

- Parents are not allowed to swim in wading pools; however, they are allowed to enter a wading pool to help young children walk, provided that this doesn't disturb the other people in that pool.

#### **Toys in wading pools**

- Residents are allowed to bring little balls, boats, etc., provided that these do not interfere with the other swimmers nor with the lifeguard's supervision.
- If there are too many swimmers, the lifeguard has the right to refuse to allow toys in the water.
- Water pistols are prohibited.
- The lifeguard may provide toys belonging to the City.

Saint-Laurent, June 27, 2017