

LAKESIDE SWIM AND RACQUET CLUB

The following Facility rules are established to provide a safe and enjoyable environment for members and their guests. Members should ensure that their guests read and adhere to these rules. Violation of these rules may result in suspension of privileges. These rules are subject to change by the Board of Directors.

1. The Manager, Assistant Managers, and Lifeguards must be obeyed at all times.
2. Only members and their guests are allowed to use the facilities.
3. Any guest using the facilities must be signed in by a member. Members who are at least age 13 may sign in guests who meet the age requirements in Rule #4. Members who are age 10-12 may sign in adult guests who are at least 18 years of age. Members must pay the appropriate guest fees and must remain at the facility with their guests.
4. No one under the age of ten years will be allowed admittance to the facility unless accompanied by a person fourteen years or older.
5. No pets are allowed on the property.
6. Alcoholic beverages and glass containers are not permitted on the property.
7. Illegal substances are not permitted on the property. Smoking is permitted in designated areas only. Smoking by underage members or guests is not permitted.
8. Profanity will not be tolerated at **LSRC**. Offenders will be warned once and then sent off of the property.
9. Chewing gum is not permitted on the property.
10. Bicycles must be parked in the bicycle racks.
11. Skateboards cannot be ridden on the property and must be parked in the bicycle racks.
12. Heely shoes (shoes with wheels) are not allowed to be worn on the property.
13. The creek is off limits.
14. Swim wear must be worn while in the pool.
15. Only Coast Guard approved life jackets are permitted for use in the pools.
16. No snorkels and/or face masks are permitted in the pools.
17. No hard balls (soccer, basketball, baseball, etc.) may be used inside the enclosed pool area except for activities organized by the facility manager or swim coach.
18. Floats and noodles are only allowed during designated float nights except that noodles may be used by adults in the designated "adults only" pool.
19. Eating, drinking, and smoking at the pool edge and in the breezeway are not permitted.
20. Only one person may use the diving board at a time. Wait for the diving board to clear before getting onto the ladder.
21. Swim team diving blocks are off limits, except when used by the swim team during practices/meets.
22. Stay off lane lines and ropes.
23. No talking to the lifeguards on pool duty.
24. Children over the age of five are not permitted in the baby pool.
25. The two lap lanes in the family pool are to be used for lap swimming only. Swimmers will be limited to two per lane. Kickboards may only be used in the lap lanes and must be used properly.
26. Children who are not potty trained must wear swimmy diapers covered with a bathing suit. This applies to all pools.
27. Members' guests are subject to a swimming test prior to entering the water.
28. LSRC reserves the right to restrict water toys brought to the facility.
29. Safety rules must be observed:
 - **NO RUNNING**
 - **NO ROUGHNESS**
 - **ONE BOUNCE ONLY ON DIVING BOARDS**
 - **NO FLIPS OFF OF SIDE OF POOL**
 - **NO FLOATATION DEVICES MAY BE WORN OR CARRIED WHEN JUMPING/DIVING OFF OF DIVING BOARDS (INCLUDING LIFE VESTS)**

[Facility Rules Revised June 2010]