
LAKESIDE SWIM & RACQUET CLUB, FACILITY RULES

The following "**Facility Rules**" are established to provide a safe and enjoyable environment for members and their guests. These rules are guidelines that are subject to change without notice. While all rules are to be adhered to, violation of certain rules will warrant immediate suspension from the facility, and the case will be presented to the Board for final recommendation. (These rules include #6, #7 and severe safety infractions listed in #29.) Repeat offenses of facility rules, such as but not limited to, horseplay, profanity, or being disrespectful to those listed in Rule #1 can result in the member and/or guest being asked to leave the premises. Continued offenses will be brought to the attention of the Management Committee for review and corrective action.

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; "open house" guests have use privileges during the open house events; LSRC employees have limited use privileges, as defined by their employment agreement.
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 aged 9 or less will be allowed admittance to the facility unless accompanied by a person at least 13 years.
5. No pets are allowed on the property.
6. Alcoholic beverages, illegal substances, and glass containers are not permitted on the property.
7. Smoking is permitted in designated areas only. Smoking by underage (as defined by VA law) 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. Skateboards can be stowed with their owners and must be secured to prevent access by others.
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. Life jackets (Coast Guard approved), puddle jumpers, and arm floaties are permitted for use in the pools.
16. No snorkels and/or face masks are permitted when diving from the side of the pool or off diving boards. No goggles permitted when diving off diving boards.
17. No hard balls (soccer, basketball, baseball, tennis, 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 and swim 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 wading/baby pool.
25. The single lap lane in the recreation pool is to be used for lap swimming only; limit is two swimmers at a time. Kickboards may be properly used only in the lap lane.
26. Children who are not potty trained must wear swimmer diapers covered with a bathing suit in any pool.
27. LSRC reserves the right to restrict water toys brought to the facility, especially any toy where safety is a concern.
28. Water balloons for children's play are permitted outside the fenced area; play area must be cleaned of balloon debris.
29. Safety rules must be observed at all times:
 - **NO RUNNING OR ROUGHNESS**
 - **ONLY ONE BOUNCE ON DIVING BOARDS**
 - **NO DIVING/JUMPING OFF DIVING BOARDS WITH GOGGLES OR SNORKELS/FACE MASK ON**
 - **NO FLOATATION DEVICES MAY BE WORN OR CARRIED WHEN JUMPING/DIVING OFF OF DIVING BOARDS (INCLUDING LIFE JACKETS, PUDDLE JUMPERS, AND ARM FLOATIES)**
 - **NO FLIPS OFF SIDE OF POOL**