



Pool Rules

- No swimming unless there is a lifeguard on duty.
- No private swim instruction allowed.
- No running or skipping on deck, walking only.
- All scooters, bikes and skateboards must be walked while on deck.
- No diving into instructional pool. Jump in feet first, facing forward only.
- No spins, flips, belly flops, back dives or back jumps.
- No roughhousing permitted.
- No pushing or pulling into pool, hitting with noodles or other objects.
- No playing, swinging, jumping, or diving on stairs, ladders or railings.
- No food or drink on deck. Eating is permitted on tables, benches and grass areas.
- No glass bottles or containers allowed on the pool deck or surrounding grass area.
- No water wings are allowed. Only coast guard approved floatation devices.
- No sitting on, pushing down, or swimming over lane lines.
- Kickboards, pull buoys and fins provided by Menlo Swim and Sport are for lap swimming only. They are not allowed in open swim areas.
- Children 4 years and under must have a parent/guardian in the pool, within arm's reach at all times.
- Children 5 – 12 years must have a parent/guardian on the pool deck supervising them.
- Non-toilet trained children must adhere to the double diaper policy. They must wear a water proof diaper and a diaper cover, a swim suit over the diaper counts as a diaper cover.
- Swimmers must wear bathing suits, no pants, shorts, or cut-offs are allowed. T-shirts are OK.
- No tobacco, alcohol, or illicit drugs allowed in the facility
- No swimming or pool usage unless supervised by a certified lifeguard on deck
- Emergency doors are to remain closed and to be used in case of emergency only.
- Emergency doors, facility doors, storage are not to be blocked by guests or objects.
- Areas marked "employees only" are not open to the general public.
- Only lifeguards who are properly trained are allowed on lifeguard chairs.
- Only staff members are allowed in break areas
- No animals are allowed in the facility.
- Menlo Swim and Sport, Team Sheeper, Inc. and City of Menlo Park, assumes no liability for the loss or theft of a patron's personal belongings. Lockers are provided to secure personal belongings; guests may bring locks for use on lockers. All locks must be removed from the locker at the end of the day or they will be removed.
- The Pool Manager on duty may close the entire pool complex, or any portions of the pool complex, for any safety or maintenance reason.
- Lifeguards have full authority over guests using the pool area and as situations warrant, they may enforce rules not listed.

Thank you for helping keep our swimming pools safe and enjoyable for everyone!