



### Pool Rules

- No swimming unless there is a lifeguard on duty.
- No private swim instruction allowed.
- No running or skipping on deck, walking only.
- Bikes, Scooters and Skateboards must be walked in the facility and are not permitted to block any walkways, gates, or doors.
- No rollerblades, or roller skates may be worn inside the facility.
- No diving into shallow water.
- 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 allowed.
- 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.
- Non-swimmers must be accompanied in the water by a parent within arm's reach.
- 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 waterproof 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 The City of Menlo Park, assume 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!**