

Burgess Pool Rules

- No swimming allowed unless a lifeguard is on duty.
- Children ages fourteen (14) and under must be supervised by an adult at all times while at the pool facility.
- Children 5 years and under must have a parent/guardian in the pool, within arm's reach at all times.
- Roughhousing, shoving, and dunking are not allowed. No pushing or pulling into the pool, hitting with noodles or other objects.
- No spins, flips, belly flops, back dives, or back jumps.
- No long breath holding, hyperventilating, or extended underwater swimming is allowed.
- No playing, swinging, jumping, or diving on stairs, ladders, or railings.
- No diving into the Instructional Pool. Jump in feet first, facing forward only.
- Water wings and other inflatable devices are not allowed. Only Coast Guard approved flotation devices are permissible and must be provided by the patron.
- 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 proper swim attire at all times.
- No glass or ceramic containers are allowed anywhere in the facility.
- No running or skipping on deck. Walk at all times to avoid accidents.
- No unauthorized swim lessons or coaching.
- Please do not visit with or distract the lifeguards. If you have questions, inquire inside at the Front Desk.
- Only lifeguards who are properly trained are allowed on lifeguard chairs.
- 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.

- Starting blocks are for use by competitive programs only when directly supervised by a qualified coach.
- No smoking (including electronic cigarettes), alcohol, or drugs allowed in the facility.
- No food or drink on the pool deck. Eating is permitted on tables, benches and grassy areas.
- Bicycles, skateboards, in-line skates, and other vehicles are not allowed to be operated in the pool area and must be walked while on deck.
- No dogs or other pets are allowed in the facility except service animals.
- Persons currently having active diarrhea or who have had active diarrhea within the previous 14 days shall not be allowed to enter the pool water.
- Changing clothes on deck is not allowed.
- In the event of an emergency, follow directions from the staff.
- Any action or behavior that is deemed unsafe or inappropriate by the aquatics staff will not be allowed. All aquatics staff have full authority over guests using the pool area and as situations warrant, they may enforce rules not listed.
- The Pool Manager on Duty may close the entire pool complex or any portion(s) of the pool complex, for any safety or maintenance reason.
- Please respect the rights of others to feel safe and secure.
- Please refrain from using profanity or offensive language, loud conversations or music, inappropriate public display of affection, or any other disruptive behavior
- Admission price is for one entry only. No in and out privileges.
- Menlo Swim and Sport, Team Sheeper, Inc. and City of Menlo Park are not responsible for any lost or stolen personal items and 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 at the end of the day.

Facility

- Locker rooms will close 20 minutes after the pool closes.
- Emergency doors are to remain closed and be used in case of emergency only.
- Emergency doors, facility doors, storage areas, and safety equipment are not to be blocked by guests or objects.
- Please dispose of all trash in receptacles provided.
- Restrooms and locker rooms may not be used for loitering or other unintended uses. Cell phone use in locker rooms is prohibited
- Offices and areas marked as “Employees Only” are not for use by the general public unless approved by staff.

Program

- Program registration is specific to each program and does not include open swim or lap swim before or after the program.
- Only participants who are registered for a class or program may attend.
- Siblings of a participant may not join any class or program without registering.
- During a class or registered program, parents must wait in designated areas. Please respect the instructors, counselors, or coaches, as well as the other participants of the class by avoiding any interruptions.
- Participants and parents must follow all specific class and program policies unless otherwise specified.
- For programs that require parents to sign in and out their children, ONLY a parent or designated guardian (over 18 years old) will be allowed to pick up and/or drop off the child unless otherwise communicated with staff.

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

Revised 5/2023