

These rules are from the City of Tallahassee and must be strictly adhered to. Please Read thoroughly.

POOL RULES

- The City of Tallahassee is not responsible for personal belongings. Please do not bring valuables into aquatic facilities.
- Young children must be within arm's reach of parent or guardian at all times while in the facility.
- Smoking is not permitted inside the facility gates.
- Coolers are not permitted inside the facility gates.
- Swimmers must wear proper swimming attire. Male and female swimmers of all ages must wear actual bathing suits. "Basketball style" shorts are allowed. Female suits can be one or two-piece, however, sports bras and thongs are not permitted.
- T-shirts worn over swim suits must be white and no longer than hip length.
- Diapers are not permitted in the pool. Swim diapers only.
- Swim tests are mandatory at all City aquatic facilities for any swimmer under the age of 18, who wants to swim in water deeper than they are tall. Swim tests are administered only by Head Lifeguards. To pass a swim test, one must be able to swim 25 yards, without stopping, using an efficient front crawl stroke. Front crawl is performed correctly with face in the water.
- Plastic brightly colored wristbands are issued once a swimmer passes the swim test. They must be worn in order to swim in deep water. No swimmer under the age of 18 is allowed in deep water unless wearing a wristband.
- A 10-minute rest break will be given every hour. At 5 minutes to the hour a signal is given and all swimmers under the age of 18 must exit the pool for 10 minutes. Adults may remain in the pool. The slides at all pools are not closed during this time.
- Must be 42 inches tall to use the slide at Robinson Trueblood and Trousdell Aquatics Center.
- Must be 48 inches tall to use the slide at Jack McLean Aquatics Center. The slide is much longer and faster than the two at Robinson Trueblood and Trousdell Aquatic Center.
- Position to be maintained while going down slide: lie flat on back, arms crossed over chest, and ankles crossed.
- Sunglasses, T-shirts and lifejackets must be removed prior to using the slide.
- Parents may not ride slide with child in lap.
- All guests must shower before entering the pool.
- Flotation devices, such as plastic floats and water wings, are not permitted, however, the City will provide Coast Guard approved life jackets, at no charge, upon request. Any child wearing a lifejacket must be within arms reach of parent at all times. Children's swimsuits with floats sewn in are permitted ONLY if the garment is "Coast Guard Approved" and is clearly labeled as such.
- Food is not permitted on the pool deck. Drinks may be purchased from the vending machine.
- Groups shall not monopolize a particular area of the pool, limiting use by other guests. Small children may not congregate on the stairs.
- Adults only are permitted to use swim team equipment (kickboards, fins, hand paddles, etc.).
- No running or rough play permitted.
- Dunking, diving off shoulders or pushing is not permitted.
- Mask, fins, and snorkels are not permitted during Open Public Swim. Swim goggles are permitted.
- Abusive or profane language is not permitted.

-OVER-

- One person on the diving board or slide at a time; divers must dive from end of boards (not sides) and swim to side ladders.
- Throwing of objects (balls, etc.) and underwater handstands are prohibited due to the risk of injury to other guests.
- Basketball game boundaries will be established so groups do not dominate the shallow end area.
- A child may not ride on a parent's back, nor may a child be tossed into the air. Sitting on other's shoulders is also not permitted.

(the picnic) is for RHS Seniors only