

Groton Pool and Golf Center
Pool Rules
Revised 5/2011

All Season Pass Holders 12 years and older are required to present their Pass card at the sign-in table located just inside the gate of the pool.

Guests: Season pass holders can purchase guest passes from the gate attendant at the pool. Non-season pass holders may also purchase day passes from the gate attendant.

General Rules: For your health and safety, we ask you cooperation with the following:

1. Animals, glass containers and alcohol are prohibited inside the pool area.
2. All children under the age of 12, must be accompanied by an individual 16 yrs or older. Parents are responsible for their children's behavior.
3. Running and rough play are not permitted inside the pool area or in the pool.
4. Swimmers may wear goggles, no masks.
5. Coast Guard Approved PFD's (Personal Floatation Devices) are permitted in the pool subject to the Pool Director's approval. **Any child wearing a PFD MUST STAY IN THE SHALLOW END OF THE POOL, AND BE ACCOMPANIED BY AN ADULT AT ALL TIMES.** Non coast guard approved flotation devices are NOT allowed. Noodles are allowed for play, but are not to be used in place of a PFD.
6. Swim diapers must be worn by children that are not toilet trained.
7. Please wear footwear going to and from the pool area.
8. All pool users must wear a swimsuit designed for swimming. Cut-offs, gym shorts, sweatpant shorts etc are not allowed in the pool.
9. Hair longer than shoulder length MUST be tied back or capped.
10. Please apply sun block PRIOR to arriving at the pool. Sun block needs time to be absorbed into the skin, or it comes off in the pool and can clog the filter system.
11. Showers are required before entering the pool.
12. Children must pass a deep end test administered by the lifeguards before being permitted to swim in the deep end.
13. Diving is permitted in the diving well only.
14. Except in emergencies, all swimmers are to stay off the lane lines.
15. The two lap lanes are reserved for Adults who wish to swim laps, and for private swim lessons.
16. No person with any health ailments including a cold, cough, fever, inflamed eyes, skin diseases, open sores or wearing a bandage of any kind may use the pool.
17. During hot days and busy times, adult swims will be called every other hour (or at the discretion of the head guard on duty). All children must exit the pool during adult swim. The lifeguards will signal the start and finish of the adult swim.
18. When the pool is busy, lounge chairs are reserved for adults.
19. The pool will be closed for severe weather, or if the air temperature is below 60 degrees, or at the discretion of the Pool Director.
20. No one is allowed to use the pool unless there is a lifeguard on duty. **THE LIFEGUARDS MAY, AT THEIR DISCRETION, PROHIBIT ANY ACTIVITY WHICH THEY DEEM TO BE UNSAFE OR UNHEALTHY IN THE POOL AREA. Lifeguards may ask people who are not following the rules to leave.**

These Rules are for the safety and enjoyment of all members. Thank you and welcome to the pool!