

Twin Farms Club, Inc.
Health and Safety Rules
Revised February 2010

These rules have been adopted by the Board of Directors and will be enforced to provide you with safe and sanitary facilities. Parents, please be certain your children understand these rules.

The pool manager and guards have been given full authority by the Board of Directors to enforce the health and safety rules on all pool property. They may eject any person who fails to observe them, or who otherwise behaves improperly or in an unsafe manner.

1. No person shall use the pool unless it is officially open and guards are on duty.
2. Admission will be refused to anyone having signs of skin, eye, ear or other potentially communicable conditions.
3. Children wearing diapers must wear a cloth diaper with plastic or rubber pants. No paper diapers are allowed in the pool. A fecal incident requires a cleaning and chemical treatment so extensive that it will close the pool for the remainder of the day.
4. Flotation devices are permitted in the pool with the approval of the manager or lifeguards (except for specially designated events). Children using approved flotation devices must be within arms length of accompanying adult.
5. No food, chewing gum or drinks of any kind are permitted on the deck. No glass bottled drinks are permitted anywhere on pool property. Members and guests are encouraged to eat meals in the pavilion area. Everyone must clean up after themselves.
6. No alcoholic beverages are allowed on premises except as permitted by the Board of Directors on special occasions.
7. Smoking is permitted outside of fenced pool area and not at pool entrance.
8. Profanity is prohibited.
9. Except for chairs already positioned on deck, members and guests are not permitted to move chairs onto the pool deck.
10. Running or rough play of any kind in the pool area is prohibited. Kickboards, other swimming equipment and ball playing, may be allowed at the discretion of the management and guards when the pool is not crowded.
11. A lightning alert is in effect for **30 minutes** after thunder is heard in the pool area. During these 30 minutes the pool and grounds (including the food shelter area, tennis and basketball courts) must be cleared. Shelter must be sought in the pool house or cars.
12. **Children:**
 - A. Parents are responsible for the conduct and behavior of their children.
 - B. Twin Farms Club will not be responsible for children left at the pool without proper supervision. Children must be picked up by pool closing time.
 - C. All children under age 11 (unless they meet the requirements described in 12D) must be accompanied in the pool area by a person 14 years of age or older. They must be under the direct supervision of that individual at all times.
 - D. Member's children age 8 to 10 inclusive may enter the pool area alone if they have passed the basic swimming test (administered by the staff and consisting of swimming two consecutive lengths of the pool using two different strokes and treading water for one minute).
 - E. A member's child who is at least 12 years may bring a guest without adult supervision if that guest is at least 12 years old and has passed the pool test.

- F. Children under the age of three are permitted in the main pool only if accompanied in the water by a person 14 years of age or older. In crowded conditions, the manager or guards may request that these children, for their own safety, not be allowed in the main pool.
 - G. Children who have not passed their pool test shall not be in water over their heads unless directly supervised by a person 14 years of age or older.
 - H. Age requirement summary:
 - Under 8:** Cannot be at the pool unsupervised.
 - 8-11:** Until the pool test is passed, must be supervised by someone 14 or older. Upon passing pool test, may be left unsupervised. Parents of unsupervised children are responsible for their children's behavior and conduct. Children who do not follow the safety rules or the directions of the manager and guards may not be left unsupervised.
 - 12-14:** If they have passed the pool test they may bring a guest. The guest must pass the pool test to enter the pool.
13. **Diving:**
- A. The diving boards may be closed when the pool is crowded.
 - B. Do not dive until the preceding diver has reached the ladder.
 - C. Dive from the end of the board only. Only one person at a time may be on the diving board.
 - D. Do not get out of pool under or near diving boards. Use ladders.
 - E. The manager and guards have the authority to stop any activity which they consider dangerous.
14. **Baby Pool:**
- A. Use of the baby pool is limited to children under the age of eight.
 - B. **Children in the baby pool must be supervised by a person at least 14 years old.** That supervising person must be physically located within the baby pool area **at all times.**
 - C. Dirty diapers should be changed out of the baby pool area and off of the deck.
 - D. For the safety of the younger children, older children may be asked to leave the baby pool area.
 - E. Adult food is not permitted in the Baby Pool area. Please cleanup all trash from infant and toddler snacks.
 - F. All toys must be at least the size of an adult fist.
15. **Adult Swim:**
- A. An adult swim is normally called on the hour and lasts 15 minutes.
 - B. The manager and guards, at their discretion, may cancel an adult swim.
 - C. Children under 15 years of age may not be in the pool during adult swim unless the manager or guards have granted permission.
16. **Lap Lane:**
- A. The lap lanes are for the use of people age 15 or older that are swimming laps.
 - B. Children under 15 years of age may swim in the lap lane if granted permission by the manager or guards.
 - C. Lap lane use should not exceed 30 minutes at a time, when both lanes are in use.
 - D. A lap lane must be shared with another person upon request when both lanes are being utilized.
 - E. As needed, lap lanes are shared with swim team members during June-July afternoon practice.
17. **Guests:**
- A. Members must accompany their guests, and pay the appropriate guest fees.
 - B. More than six guests per household at any one time require prior approval by the manager or the Board of Directors.
 - C. All rules applicable to the members will also apply to guests. This includes the swim test.