

## Swimming Rules

- No one is allowed in the pool or pool area unless a Bender JCC lifeguard is on duty.
- All swimmers **MUST** take a shower before entering the pool.
- Noodles and kickboards are permitted; however these should not be depended on as a safety device.
- Non-swimmers may use noodles and kickboards with a parent or responsible person in the water and within arm's reach at all times.
- The Bender JCC recommends the use of US Coast Guard approved personal floatation devices for all non-swimmers. Persons with open wounds, sores or any communicable disease **MAY NOT** enter the pool.
- Riding or sitting on another person's shoulders is not permitted.
- Rough play is not permitted. This includes dunking, shoving and pushing.
- Acceptable swim attire must be worn by patrons on the deck and in the water. Swim diapers and are required for all patrons who lack bowel and bladder control.
- Spitting, spouting or nose-blowing in the pool is strictly prohibited.
- Swimming across lap lanes and hanging on ropes are not permitted.
- **ADULT ONLY SWIM** for those members and guests age 15+ will happen each hour for 10 minutes beginning at 50 minutes after the hour.
- Acceptable swim attire must be worn by patrons on the deck and in the water. No street clothes are allowed in the pool. Clothing such as cut-offs, gym shorts and underwear is not permitted as swimwear. No mermaid costumes are permitted. Swim diapers and are required for all patrons who lack bowel and bladder control.

## Waterslide Rules

- All riders must adhere to the instructions given by lifeguards to use the water slide.
- Only **ONE** person may go down the slide at a time. Lifeguards will use "STOP" and "GO" signs to indicate when swimmers can and cannot go down the waterslide.
- Feet first, do not go down slide head first.
- Swimwear with exposed zippers, buckles, rivets or metal ornamentation is not permitted.
- Riders may not run, dive, stand, kneel, rotate or stop in the slide at any time.
- Rider assumes all risk of injury due to misuse of the slide or failure to follow these rules.
- At the discretion of the lifeguards a swim test may be administered to evaluate a child's swimming ability.
- No personal floatation devices are to be worn while on the slide.
- Parents are responsible for ensuring their children have the swimming skills to go down the slide and swim to the side unassisted. Parents may not wait at the bottom of the slide.

**Thank you for your cooperation!**



**Bender JCC**  
of Greater Washington