

# Indoor Pool Rules

- Food, chewing gum and smoking in pool and locker room are prohibited.
- Running and horseplay are not allowed.
- When sharing a lap lane swim COUNTERCLOCKWISE.
- Only plastic containers allowed on the pool deck (no glass).
- Nontoilet- trained children MUST wear swim diapers.
- A child unable to swim the length of the pool must be accompanied in the water by an adult.
- Diving only in areas 9FT or deeper.
- Soap shower is required BEFORE entering the water.
- No MERMAID costumes allowed.
- Bathing suits MUST be worn.
- People with any sign of infections or illness may not enter the pool. Please remove bandages.

**LIFEGUARDS ARE AUTHORIZED TO  
ENFORCE THE RULES  
HAVE AN ENJOYABLE SWIM!**



**Bender JCC**  
of Greater Washington