

Poway Unified School District Aquatic Facilities General Pool Rules

- All persons must shower before entering the pool.
- Smoking and alcoholic beverages are not permitted in the pool area.
- An adult must supervise non-swimming children of any age.
- Animals are not permitted in the pool area.
- All persons entering the pool must wear proper swim attire
- Walk slowly ...DO NOT RUN.
- Food and beverages are not permitted in the locker room areas or in the pool.
- No glass containers are allowed.
- Please dispose of all trash in trash receptacles.
- Horseplay, roughhousing, fighting, and abusive language will not be tolerated in the facility.
- Please do not swim if you have open cuts, sores, infections of any kind, or if you are feeling ill.
- All persons shall obey posted rules for locker rooms, diving boards, and evacuation procedures.
- Any behavior deemed unsafe by the lifeguard is prohibited.
- Children 7 and under must be accompanied in the water by a responsible adult. (The adult must pay admission and be in swim attire)
- An adult must supervise non-swimming children of any age at all times.
- Children may be requested to take a swimming test. Upon successful completion of the test, the child will be allowed to swim in the deep end.
- Kickboards are only allowed for lap swimming.
- Dunking chicken fights, wrestling, throwing, or pushing people in the water is prohibited.
- Diving from the side is permitted only in water posted as deeper than 6 feet.
- No back flips, jumping backward, twisting, or forward flips are allowed off the side of any area of the pool.
- Use of toys, flotation devices, masks, fins, snorkels, balls, or any other throwing or diving items must be approved by the pool staff before entering the pool.
- Do not leave personal items unattended in the locker rooms at any time; PUSD is not responsible for any lost or stolen items.

All patrons must comply with all posted rules and requests made by the Aquatic Staff. Failure to do so may result in the loss of pool privileges for all individuals involved.

Diving Board Rules

- You must pass a swim test before going off the boards.
- Only one bounce or jump per dive.
- Backwards dive and flips are prohibited
- You must wait until divers are at the ladder before using the boards.
- You must swim immediately to the closest ladder once you surface.
- Swimming in the diving board area is prohibited unless the boards have been closed.
- Any action that the lifeguard deems unsafe must be stopped.