



# Things to Know Before Entering the Pool

## Age Requirements/Wristbands

- Children under 8 will be required to wear a wristband while in the Meeker Recreation Center Pool. This is to promote safety and adherence to all pool rules.
- 5 and Under:** Must be within arm's reach of an adult that is at least 13 years of age and be wearing a **RED** wristband.
- 6 and 7 year-olds and non-swimmers (those in swim vests):** Must stay in the same pool as an adult that is at least 13 years of age and be wearing a **GREEN** wristband.
- 6 and 7 year-olds that have passed the swim test may stay in MRC pools unaccompanied. (*Adult must stay in building.*)

## How Many Children Can I Bring to the Pool?

- Zero-Depth Pool: A person (13+) may supervise up to three children wearing a red wristband.
- Leisure and Lap Pool: A person (13+) may supervise up to two children wearing a red wristband.

## Swim Test Procedure

- Parent/caregiver check in with first available lifeguard to request a swim test. Child will be asked to swim the length of the lap pool without assistance. Exceptions or modifications (ex. use of lifejacket, flotation devices, restrictions to shallow pool, etc.) will not be allowed for the swim test. The lifeguard administering the test will make a determination of pass or fail. Children that fail the test must then be accompanied by a person 13 years of age or older in the water. ***Lifeguards may request a swim test at any point.***

## Swim Diapers

- Children who are not toilet trained will not be allowed in the pool unless they are wearing a swim diaper. Swim diapers are available at the front desk.
- Cloth or disposable diapers are not acceptable.

## Swim Attire

- Appropriate swim attire must be worn by patrons on the deck and in the water. Staff reserves the right to determine acceptable swim attire.
- Denim cut off shorts are not allowed.

## Showers

- Full head to toe shower is required of all patrons before entering the pool.

## Safety Breaks

- Patrons under the age of 13 will be asked to exit the pools during scheduled mandatory 10 minute safety breaks.
  - Check the current pool schedule for safety break times.

## Lounge

- Patrons who are wet and want to use the Lounge must exit through the double doors from the pool area to the Lounge.

## Lifejackets, Inflatables, Pool Toys

- Lifejackets, water toys, and other flotation devices are allowed in the pools but do not replace supervision.
- Water toys that are not in use must be removed from the pool so that lifeguards have a clear view of the pool bottom.

## Electronic Devices and Cameras

- Due to privacy and public safety concerns, use of electronic devices and cameras are not permitted in the pool area or locker rooms, unless approved by aquatics staff/lifeguards.

## Locker Rooms

- Lockers are located in the Men's and Women's Locker Rooms and outside the Family Locker Rooms.
- Family Locker Rooms are intended for parents with children of the opposite sex who are over the age of 4. Please be considerate of others who may not feel comfortable with older kids in the Men's and Women's Locker Rooms.
- Locks may be checked out at the front desk. Personal locks may not be left overnight. The Meeker Recreation Center is not responsible for lost or stolen items.
- Do not exit the locker rooms into the hallway while wet.

## Exercise Equipment

- Use of fins, weights, kickboards, etc. is for anyone over 13 years of age whose intention is to use the equipment for exercise or otherwise approved by aquatics staff.