



WELCOME TO THE BELLEVUE CLUB POOLS!

WE WANT YOU TO HAVE A GREAT EXPERIENCE EACH TIME YOU VISIT US!

TO MAKE THIS POSSIBLE, PLEASE FOLLOW THESE RULES AND ALWAYS ASK THE LIFEGUARDS IF YOU HAVE QUESTIONS.

THANK YOU!

-THE AQUATICS STAFF



SWIM DIAPERS AND CONTAMINATIONS

Anyone requiring diapers must have a tight-fitting protective covering. If you don't have one for your child, they are available for sale at the Aquatics Desk. However, they are not a substitute for frequent bathroom breaks.

In the event of a contamination from a leaky or inappropriate diaper, the pool will close for anywhere between 30 minutes to 24 hours, which creates an inconvenience to all members.

Diapers must be changed in the Family Changing Rooms, located just outside the outdoor pool entrance, or in the locker rooms. Diaper changing is not allowed on the lounge chairs or indoor pool deck.

LIFEJACKETS AND FLOTATION DEVICES

Use U.S. Coast Guard approved life jackets. Do not use air-filled or foam toys, such as water wings, noodles, or inner tubes in place of life jackets. These toys are not designed to keep swimmers safe. Lifejackets are in the grey bin by the hot tubs for the indoor pools and in the bin with the green lid at the outdoor pool. Don't forget to clip all the buckles!

CHILD SUPERVISION

Drowning is the second leading cause of injury-related death for children ages 1 to 5 years old in the United States. Please adhere to the following safety precautions to help prevent drowning injuries and deaths.

- Never leave a small child alone or in the care of another child while in the pool or hot tub, even if the child has had formal swimming lessons.
- When a young child or inexperienced swimmer is in or around water, always be within arm's length.
- Adults who are supervising children in the pool should not be distracted by activities such as reading, texting or talking on the phone. You may think you'll hear splashing and screaming when a child is in trouble, but when a child drowns, it usually happens quickly and silently.
- Knowing how to swim doesn't make a child drown-proof. Never use flotation devices as a substitute for in-water, arm's length supervision.
- Supervision is important even when there are lifeguards at the pool. Lifeguards are another layer of safety precaution to prevent drowning.



SUNSCREEN APPLICATION

Use sunscreen with at least SPF 15 and UVA and UVB protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips and the tops of feet.

Sunscreen wears off. Put it on again if you are in the sun for more than two hours and after you swim or sweat. When sunscreen is applied just before entering the pool, it rinses off - creating cloudy water. Our lifeguards must be able to see the main drains on the bottom of the pool. Please apply sunscreen before you come to the Club. When you apply sunscreen later in the day, please wait 30 minutes before entering the water.

HOT TUBS AND OVERHEATING

The temperature of a hot tub essentially induces a fever in your body. Fifteen minutes is the longest anyone should submerge in a hot tub. Our timers are designed to shut the jets off after 15 minutes to remind you that you should get out and cool off.

Children under the age of 6, people with known heart or circulatory conditions should use a hot tub with extreme caution. Because heat speeds the spread of contaminants, no one wearing a diaper is allowed in the hot tubs.

SWIM TESTS

Why: Lifeguards need to know each child can support themselves in water over their head.

When: To swim in the competition pool, includes using the inflatable obstacle course.

Who: Anyone ages 7 - 11

When: To swim in the recreation, competition or outdoor pool without an adult present in the pool area

The Test: Twenty-five yards continuous front crawl (freestyle), face in the water, no goggles, no hanging on the lane lines or wall, and no touching the ground.

REQUIRED SHOWERS

Please take a shower immediately before getting in any pool or hot tub and get completely wet. This helps reduce the amount of chlorine in the pools and is better for your hair and skin.

LAP SWIM ETIQUETTE

Swim on the right side of the lane, just like you drive a car. You'll reduce your risk of running into someone because they're swimming along the same straight line as you.

Our pools are designed to accommodate many swimmers. Circle swimming accommodates more than one person in a lane. Lap swimming is for members of all ages.



BELLEVUE CLUB POOL RULES

