

POOL RULES

Pool employee interpretation of rules shall be final.

- **Entrance is denied to:**
 - i. Children under seven (7), unless accompanied by an adult on a one to one ratio.
 - ii. Children under the age of four (4) without an approved "swim diaper" or plastic pants with elastic around the waist and legs.
 - iii. Persons under the influence of alcohol or narcotics.
 - iv. Persons with colds, coughs, nasal or eye discharges, skin eruptions, open wounds, open sores or bandages.
 - v. Pets.
- **Please check all your valuables with the clerk.**
- **Personal property not permitted in the swimming pool or deck area includes:**
 - i. Street clothes, shoes, and carrying bags of all types.
 - ii. Floating apparatus, glass objects or containers of any kind.
 - iii. Sports or swim equipment; scuba equipment; electronic equipment.
 - iv. Wheeled vehicles (roller blades, bicycles, skateboards, etc...)
- **Soap showers must be taken before entering the pool area.**
- **Smoking is prohibited.**
- **Eating and/or drinking not allowed (bleacher area & pool deck).**
 - i. Only water and/or sports drinks in plastic containers will be allowed on the pool deck.
- **Foul or abusive language will not be tolerated.**
- **For the safety of the public there is no:**
 - i. Running on the pool deck.
 - ii. Climbing, sitting on, and jumping from storage benches or guard structures.
 - iii. Diving into shallow water.
 - iv. Double bouncing or crowding dive structures.
 - v. Swimming in the diving area.
 - vi. Horse playing on the deck or in the pool at any time.
 - vii. Snapping towels.
 - viii. Participating in other dangerous practices as determined by lifesaving staff. No lap swimming in Rec. swim area.
- **Hypoxic training or prolonged underwater swimming is not allowed.**
- **Do not interfere with a lifeguard rescue, or call for help unless in distress.**

GENERAL INFORMATION

- No lap lanes are available for lap swim during recreational swimming hours unless stated in brochure.
- Locker rooms close 15 minutes after end of session.
- Clothed patrons must be seated on the bleachers if they are not swimming.
- During recreational hours, all patrons will be asked to take a swim test before entering the deep end of the pool and using the diving board. This test will consist of two length of the pool swimming freestyle (Front Crawl), with an effective supporting kick.
- Kickboards, pull buoys are provided during lap swimming hours only, no equipment will be provided during recreational swim hours. All other equipment is for facility programs.
- No beverages other than water are allowed on the pool deck (no glass containers). There is no food or gum chewing allowed in the pool area, except during posted special events.
- The shallow end will be cleared of all patrons during shallow water exercise classes. Please refer to class schedule for times.
- Patrons that attempt to participate in exercise classes without having registered for classes will be asked to leave facility.

LAP SWIM RULES AND ETIQUETTE

- ◆ Lap swimming is reserved for persons 18 years of age and older.
- ◆ Lap swimming times are located in the pool schedule.
- ◆ Lap lanes are marked: "fast, medium, and slow" to accommodate varied swimming abilities.
- ◆ Lap swimmers must use the appropriate lane designation according to swimming ability.
- ◆ Lap swimmers must share lanes. A lane can accommodate up to seven (7) swimmers.
- ◆ Lap swimmers entering a lane must be certain the occupant(s) are aware of their presence in order to determine the swimming pattern to share the lane
- ◆ Two lap swimmers per lane may split the lane by staying either on the right or left side of the lane. Three or more lap swimmers must circle-swim the length of the lane counter-clockwise.
- ◆ Lap swimming requires continuous progress across the pool.
- ◆ Turn at the wall can be dangerous. Lap swimmers must leave enough room at each wall to make safe turns.
- ◆ Lane passing can be dangerous. Swimmers must exercise caution approaching the turn-wall and should allow faster swimmers to proceed unimpeded to expedite overtaking.
- ◆ Do not lap swim in recreational swimming area (area without lap lane lines).
- ◆ No lap swimming in deep end area when diving board is open.

Take the challenge... become a City of Los Angeles Lifeguard

Registration Fee: \$50.00 (Includes materials and workouts)

LAC-PAT (Los Angeles City Pre-Academy Training) must be taken in conjunction with the City of Los Angeles Pool Lifeguard test on February 11th, 2018. Students are familiarized with Basic Life Support, Basic First Aid, and Lifesaving techniques; conditioned for swimming and prepared for the Lifeguard interview. Minimum age 16 years old. Must be 17 years of age by June 1st, 2018.

For more details about LAC-PAT and workouts, see pool manager.

You can also visit us on the web:

<http://www.laparks.org/dos/aquatic/aquatic.htm> under *Job Training*.

Lifeguard Test:

Date/Time:

February 11th, 2018 @ 9 a.m.

Location:

Westwood Swimming Pool
1350 Sepulveda Boulevard
Los Angeles, CA 90025
(310) 478-7019



**CITY OF LOS ANGELES
DEPARTMENT OF RECREATION & PARKS**

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