

General Rules and Regulations

Virginia Hills Club, Inc.

Rights and Responsibilities of Membership

Use of Pools and Grounds

1. All members must have current membership status. All members and guests must check in at the gatehouse.
2. Admission to the pool will be refused to all persons appearing to the Pool Manager on Duty to be intoxicated or under the influence of drugs.
3. The Club is not responsible for theft or loss of personal items of members or their guests. Patrons should avoid bringing valuables to the Club.
4. All patrons are responsible to pick up after themselves.
5. The cost of any damages to the pool property will be charged to the responsible party.
6. Each child 10 years old or younger must be accompanied by an adult member or responsible teen for admission to the pool grounds.
7. The baby pool is only for use by children 6 years of age or under at all times. Any child in the baby pool must be attended by an adult or responsible teen. The tot lot play equipment is for use by children 8 years of age or younger at all times. The large swings may be used by members or guests of any age.
8. Pets of any types are not allowed on club property.
9. All patrons shall obey the instructions of the lifeguards, gate attendants, and Pool Manager on Duty. The Pool staff may remove a swimmer from the pool for failure to follow instructions. The Pool Manager has the authority to suspend or refuse admission to any member or guest for any given incident in violation of the Rules and Regulations of the Club.
10. The pool and grounds may be cleared of any or all persons at the Pool Manager on Duty's discretion at any time due to weather, equipment breakdown, or other operational difficulties, with no financial consideration for "down" time.

Etiquette

1. No loitering at the gatehouse or in the bathhouses. Only on-duty pool staff are allowed on the lifeguard stands and in the gatehouse. Patrons shall not engage in lengthy conversation with lifeguards on duty.
2. Abusive, offensive, or profane language or gestures shall not be permitted.
3. The use of bicycles, scooters, skateboards, rollerblades, "Heelies", and similar items are not permitted on pool property, except to transport a patron to the pool entrance. Bicycles can be secured in the bike rack and owners are encouraged to use a chain lock. Members are responsible for securing their own personal property.
4. Patrons shall refrain from engaging in behavior that unduly disturbs others on the deck. This includes but is not limited to: squirt gun or noodle fights, excessive splashing onto the deck, or use of radios/cd/mp3 players without earphones, or any other behavior deemed unruly by the guard staff on duty.

5. Patrons shall drive slowly (5 mph) and carefully in the parking lot and park only in designated areas. Only vehicles displaying Handicapped Parking Permits may park in the Handicapped Parking space.
6. Children 6 years of age and older must use gender appropriate bathrooms. The use of cell phones in bathhouses is prohibited.
7. Swimmers shall stay clear of the lap lane when it is being used by lap swimmers. Hanging, pulling or tugging on lane ropes or demarcations lines is prohibited.

Safety

General Use of Pool

1. All persons using the pool do so at their own risk and sole responsibility. The Club does not assume responsibility for any accidents or injury in connection with such use. However, all injuries must be reported to the guard staff on duty.
2. No unsafe or rough play on pool property. This includes but is not limited to: running on concrete decks or sidewalks; dunking; wrestling; sitting, standing, or diving from another persons shoulders, diving in shallow water or labeled "No Diving" areas; flipping or back diving from the side of the pool, or any other conduct deemed unsafe by the guard staff on duty.
3. No projectile devices are permitted on club property.

Main Pool (see posted main area pool rules sign also)

1. No person shall use the pool unless it is officially open and a lifeguard is on duty on deck.
2. Balls, toys and flotation devices may be used in the main pool only by the discretion of the guard staff on duty. Swim fins, masks, and snorkels may be use with the permission of the guard staff on duty. Flotation devices may be used only when an adult is present within arm's reach of the child at all times.
3. Children under the age of 16 years will completely clear the pool during the last 15 minutes of every hour that the pool is open. Children who, by virtue of age, size and lack of swimming ability, do not normally use the main pool during the other 45 minutes, may be in the main pool during the break, accompanied in the water with an authorized adult.
4. Persons using the main pool without an adult within arm's reach, must be able to swim the length of the pool or stand in 4 feet of water with their head full above the water line. Persons unable to demonstrate to the lifeguards their ability to swim are not permitted in deep water without an adult or teen within arm's reach.
5. Non-toilet-trained children must wear tight fitting swim diapers covered by rubber pants and appropriate swimsuit. Regular cloth and disposable diapers are prohibited.
6. Patrons shall not tamper with skimmers, drains, or other pool equipment.

Baby Pool (see posted baby pool sign also)

1. The baby pool is only for use by children 6 years of age or under at all times, including the main pool break. There is no lifeguard posted at the baby pool. Supervision of children at the baby pool is the sole responsibility of the supervising adult or responsible teen. Children shall not be left unattended in the fenced baby pool area. Supervising adult or teen must be within arm's reach of any child 3 years of age or younger.
2. Non-toilet-trained children must wear tight fitting swim diapers covered by rubber pants and appropriate swimsuit. Regular cloth and disposable diapers are prohibited.
3. Patrons shall not tamper with skimmers, drains, or other pool equipment.
4. Approved flotation devices may be used with supervising parent or teen within arm's reach of the child.
5. Balls, toys, and other non-breakable toys may be used in the baby pool. Throwing of toys will not be permitted.

Diving Board (see posted diving board sign also)

- 1.No running on or onto diving board.
- 2.No goggles, flippers, arm floats or other flotation devices may be used on the diving board.
- 3.No toys or game accessories may be brought onto the diving board. No items may be tossed to persons going off the board.
- 4.Only one person allowed on the board at a time. The next diver may not mount the board until the previous diver has reached the ladder at the side of the pool.
- 5.Only one bounce on the board. All dives shall propel the diver forward away from the end of the board. No dives shall propel the diver toward the sides of the pool.
- 6.No one else may be in the water to "catch" or assist a non-swimmer going off the diving board. Swimmers unable to pass a swim test (consisting of swimming a full length of the pool and treading water for one minute) shall not use the diving board.
- 7.The diving board area is considered open only to diving and not available for general swimming or play unless the guard on duty gives express permission or posts a "board closed" sign. Closing the board is by permission of the guard staff only.

Slide Rules (see posted slide rule sign also)

1. All slide users must pass a swim test.
- 2.Only one person on the slide or stair at a time. The next slider must wait until the previous person clears the slide area before climbing the stairs. Once up the stairs, slider must go down the slide, not the stairs.
- 3.Use with feet first position on back.
- 4.Catching people at the base of the slide or assisting them to the ladder is prohibited.
- 5.Goggles, toys, and flotation devices are prohibited.
- 6.Sliders must immediately swim to the side or under the rope into the main pool area.
- 7.The slide area is considered open only to sliding and not available for general swimming or play unless the guard on duty gives express permission or posts a "slide closed" sign. Closing the slide is by permission of the guard staff only.

Health and Sanitation
Food and Drink

1. All food must be consumed in designated areas. Food and drink (other than water in closed bottles) may not be consumed at any time on the pool decks.
2. No glass containers of any kind are permitted on the pool grounds.
3. Food and drink attract animals and insects, so patrons will promptly place all refuse in trash containers provided for this purpose.
4. Alcoholic beverages are not allowed on Club grounds. The Club manager may make exceptions for specific events with prior approval of the Pool Board.

Other Sanitary/Health Issues

1. All persons shall take showers before using the main and baby pools. All persons entering the pool deck shall use the footbaths before stepping onto the deck.
2. People wearing street clothes and shoes must remain outside the pool deck area, except for people on official club business or scheduled events.
3. Only swimsuits may be worn into the pool (no cut-offs, etc.)
4. Non-toilet-trained children must wear tight fitting swim diapers covered by rubber pants and appropriate swimsuit. Regular cloth and disposable diapers are prohibited.
5. Admission to the pool may be refused to persons having any skin diseases, sore or inflamed eyes, colds, nasal or ear discharge, excessive sunburn, open sores, or bandages.
6. Spitting or blowing of nose in the pool is prohibited.
7. Smoking is not permitted on the pool grounds, including the parking lot.