

**OPERATING RULES
Pools, Hot Pools and Locker
Rooms**



A. General Information

1. Swimming pools are open only when a lifeguard is on duty.
2. Residents and guests must sign in upon entering the pool deck. Residents must show their Laguna Woods Village ID card to the lifeguard. Residents must accompany their guests for the entire duration of their guests stay.
3. Appropriate swimming attire is required.
4. Eating and drinking while in the pool is prohibited.
5. Smoking and alcoholic beverages are prohibited.
6. Registered service dogs are permitted.
7. No running.
8. No glass containers.
9. Flotation devices are prohibited unless specifically designed for exercise or therapeutic use. Fins and snorkels may be used by adults.
10. Toys are provided by the Recreation Department during the Summer Children's Swim program. Outside toys are prohibited.
11. Organized pool games may be played if they do not interfere with other pool uses such as lap swimming.
12. Lockers may be used on a daily basis only. Residents and guests must supply their own locks in order to secure their belongings. Locks and personal items must be removed when the resident and guest leaves the facility.
13. Showers are limited to 10 minutes per person per day.
14. No chairs or other GRF property may be moved into the locker room or shower stalls.
15. Please shower before entering the pool or hot pool.
16. According to the State of California Health and Safety Code Manual, any resident with an open sore or cut may be excluded from all pools. Residents and guests with a bandage or visible open cut or sore may not enter the water.
17. Lap swimmers swimming the length of the pool have the right of way.
18. Locker rooms open 15 minutes prior to when the pool opens and close 15 minutes after the pool closes.
19. When there is thunder or lightning, all pools will be cleared of swimmers. Swimmers will not be allowed back into the water until at least 30 minutes following the last sighting of lightning or sound of thunder.
20. The swimming pool hours of operation vary according to the time of year, holidays and scheduled maintenance. Please check the hours of operation located at the clubhouses, Recreation office and pools.
21. Pool and hot pool temperatures are maintained as closely as possible to the following temperatures:
 - a. Pools 1, 5 and 6, between 82 and 84 degrees.
 - b. Pool 2, between 80 and 82 degrees.
 - c. Pool 4, between 84 and 86 degrees.
 - d. All hot pools, between 102 and 104 degrees.
22. Each pool is renovated and preventative maintenance is performed annually. The process takes approximately six-weeks per pool beginning in November and concluding by Memorial Day weekend. Pool 6 is closed October 1 until the

- Saturday of Memorial Day weekend. If a pool is undergoing major renovations the six-week maintenance schedule may be prolonged, as deemed necessary.
23. Loud music on the pool deck is prohibited.
 24. The guard shack phone is for business use only; use by anyone other than an employee is prohibited.
 25. Lifeguards are not responsible for lost or stolen items; if anyone finds a lost item or wishes to report a stolen item, contact Security at 949-597-4435.
 26. Saddleback College students participating in college aquatic classes may not arrive at the pool more than 15 minutes prior to the start of the class and must leave the facility within 15 minutes of the end of the class.
 27. A designated area remains open for swimmers during Recreation coordinated programs.

B. Hot Pool

1. The recommended time limit in a hot pool is five minutes. After an extended period of time the lifeguard may request that the person exit.
2. Strenuous exercise in the hot pools is prohibited.
3. Children under 16 years of age are not permitted in the hot pools.

C. Guests and Children's Swim

1. Guests must be accompanied by a resident for the entire duration of their stay.
2. The number of guests entering the pool is regulated by the lifeguard on duty with a limit of five guests per resident at any one time.
3. Lifeguards have the authority to prohibit a child from entering the pool.
4. Guests 15 years of age or younger are considered to be children. Children are permitted to swim daily at a designated pool. Starting Saturday of Memorial Day weekend and continuing through October 1, Children's Swim is four hours, from noon until 4:00 p.m. at Pool 6. The remainder of the year it is two hours (noon until 2:00 p.m.) at Pool 2.
5. Children must vacate the pool area within 15 minutes of the end of the Children's Swim Program.
6. Children unable to swim must wear a Coast Guard Certified flotation device, including those built into swimsuits.
7. Resident or their adult guest must accompany and remain in the pool with their children who are novice swimmers.
8. Children may use toys provided by the Recreation Department. Children may not use kickboards; run on the pool deck; make excessive noise, play rough, including pushing and splashing; ride on another person's back or shoulders; jump or dive into the shallow end of the pool; slide down or hang on railings and ladders; play on stairs; climb out of pool without using ladder or stairs; perform back dives, etc.

D. Lap Swim Usage

1. No swimming across lap lanes unless entering or exiting the pool from the side.
2. Lap lanes are for lap swimming or aquatic exercise only (unless otherwise designated).
3. If all lanes are taken, swimmers must share the lane, up to two swimmers per lane.
4. Hanging on the lane dividers is prohibited.

5. No diving or jumping from or into the 4 feet deep “shallow section”; diving into the pool is allowed only in the area 5 feet or deeper.
6. No diving into crowded lanes.
7. Equipment such as pull buoys, masks, fins, snorkels, and paddles may be used by adults.

E. Lap Swim Schedule

1. Pool 2 has 4 lane lines from opening until 11:00 a.m. and 2 lane lines from 11:00 a.m. until closing. On Wednesdays, due to maintenance, lane lines are not set up until 9:00 a.m.
2. Pool 5 has 4 lane lines from opening until 10:30 a.m. and 2 lane lines from 10:30 a.m. until closing. On Thursdays, due to maintenance, lane lines are not set up until 9:00 a.m. There are no lane lines during scheduled Emeritus classes.

F. Lap Swim Etiquette

1. Swim to the right of the lane at all times.
2. When passing another swimmer, pass to the person’s left, down the middle of the lane at full speed. Once you have finished passing, swim to the right of the lane again.
3. When being passed, slow down until the overtaking swimmer has completely passed you.
4. If someone is at your heels when you reach the wall, pause to let that person pass.
5. When swimming into the wall, keep to the right (not the middle or left) so that if a person is passing you at the end of a lane they will have space to turn.
6. When standing at the wall of a lane, stand to the left (when facing the wall) whenever possible allow space for the incoming swimmers.
7. If you want to stretch out or do other exercises in the water, please move to the proper swim lane reserved for recreation/social swimming.
8. If a problem should arise, inform the lifeguard and/or front desk staff.

G. Swim Lessons

1. Residents are notified through the newspaper, flyers, and postings at the pools regarding the swim class schedule for the upcoming season. Generally swim lessons are available during the summer. Each resident is charged for a series of ½ hour group lessons.
2. Lessons are available to residents only.
3. Residents must pre-register, pay for the swim lesson and sign a waiver prior to entering the pool.