

# Tamarack Swim Club Rules and Regulations

1. Sign in and register/pay for guests at the front desk every visit.
2. Guest Policy:
  - Guests must be accompanied at all times by a member. If the member leaves the pool, the guest must also leave. Members are responsible for the behavior of their guests.
  - On Sunday, Guest Fees are higher.
  - Individuals may only be a guest 7 times in a year, regardless of sponsoring member.
  - Guests must provide their first and last name to be admitted.
  - Children 2 and under are free.
3. A babysitter for your children may attend in lieu of a parent free of charge. If attending with parent the babysitter will be subject to the guest policy.
4. Rest breaks are at 15 minutes before every hour, and end at the top of the hour. Adults 18 years old and over may swim during rest breaks. Please do not ask to have your children swim with you at this time. During slow times, lifeguards may allow parents to instruct their children on diving or swimming, but this is totally at the discretion of the life guards.
5. Children must be 10 years old and be able to swim to visit the pool without adult supervision.
6. Diving Board Rules:
  - No swimming aids allowed off the board. Swimmers must be able to swim the width of the pool to use the diving board.
  - Limit one bounce off the diving board.
  - Divers must wait until the diver in front of them reaches the ladder before diving.
8. No running, pushing, rough horseplay, riding shoulders, diving from the sides in shallow areas or backward entry into the pool.
9. Pool toys may be restricted at the discretion of the lifeguards.
10. Use of baby pool is limited to children 5 years old and under, with adult supervision.
11. Proper attire is required. No cutoffs or street clothes allowed in pool.
12. Damage to pool property will not be tolerated.
13. No tobacco products or e-cigarettes are permitted.
14. No open alcohol containers during pool hours.
15. Tamarack is a family-friendly environment. Any person behaving in such a way that detracts from this environment will be asked to leave without refund.
16. The life guards are the authority on discipline at the pool. Children must follow the rules or be subject to timeout and/or loss of swimming privileges.

***We appreciate your adhering to these rules and ensuring all family members and guests are aware of them. This enables us to provide a safe swimming environment for everyone.***