

MIBC Pool & Lake Policy

As members of MIBC we share the need for safety in and around our pools, beaches, and lake swim areas. The following Code of Conduct reflects expected behavior that supports safe, respectful and harmonious use of these areas. All members and guests are asked to observe and comply with this Code.

SWIMMING POOLS:

GENERAL:

- All Swimmers must register at the front desk before entering the pool area.
- All swimmers must shower before using the pool.
- Swimmers may not use tanning oils. The use of sunscreen is encouraged; however, patrons should apply sunscreen at home AND must shower before entering the water.
- All swimmers entering from the beach area must wash feet before entering the pool.
- Do not use the pool if you have a communicable disease, open sore or have been ill with diarrhea or vomiting in the last two weeks.
- Food and beverages are not allowed in the pool.
- During competitive swim, dive & water polo events, alcohol is not permitted inside the pool fence.
- No glass allowed on the pool deck (this includes all wine bottles, beer bottles, glasses)
- Only sports bottles filled with water are allowed on by the pool area.
- Gum, and tobacco products are not allowed on the pool deck.
- No changing diapers on the pool deck.
- Street clothes may not be worn into the pool.
- The pool may be closed due to certain water quality, maintenance issues, and/or severe weather (thunder/lightning).
- Anyone refusing to abide by the pool rules is subject to removal from the premises.

SAFETY:

- Lifeguards are an important element of safety at the pool. Members and guests are asked to listen to and abide by instructions of the lifeguards. Lifeguards and all staff are to be treated with respect and dignity at all times. Offenders may be restricted from Club and pool access. Any disagreements with lifeguards should be directed to the General Manager or other manager who may be on duty.
- Swimmers with seizures, heart or circulatory problems are advised to swim with a buddy.
- No running on deck.
- Anyone under the influence of alcohol or drugs may not enter the pool.
- Rough and excessive horseplay is not allowed. The family pool and areas near lap swim lanes are particularly sensitive in this regard.

- No profanity, abusive language, running, hitting, fighting or shoving is allowed in the pool area or in the pool.
- No slapping/hitting the water or other patrons with pool toys.
- Spitting, spouting or nose blowing in the pool is not allowed.
- No hanging, jumping, or standing on the lazy river walls.
- Hanging on lane dividers is not permitted.
- The swim starting blocks may be used only during swim team practices and meets.
- No running dives/jumps, spins, or flips from the side of the pool.
- Diving is only permitted in areas of the pool in depth of 10ft or deeper.
- The use of kickboards, pull buoys, snorkels, and fins are allowed for lap swimmers only in lap lanes. No one is allowed to walk on deck in fins.
- Hard objects, such as rocks, coins, or weights are not allowed in the pool.
- Coast Guard approved life jackets, fun toys, and other inflatables, etc. are permitted. Inflatables larger than 3 ft. will be allowed at the lifeguard's discretion. During periods of high attendance, lifeguards may limit the use of inflatables and other items.
- Squirt guns are not allowed on the pool deck or in the pool.
- **Basket Ball Hoop:**
 - No shots/dunks outside the pool
 - No hanging on the rim or net
- Emergency phone and first aid kit is located in the guard office.
- In an Emergency, call 911.

DIVING BOARD:

- Swimmers using the diving board must be able to swim to the wall independently and should swim directly to the side of the pool after diving.
- The fulcrum can only be adjusted under the supervision of staff.
- Divers must jump off the end of the diving board facing straight forward.
- Only one bounce is allowed.
- Divers must wait for previous diver to reach the wall.
- Only one person at a time on the board.
- Throwing objects at or to individuals on the diving board is not allowed.
- No gainers, backflips, or flips turning into the board unless under coach instruction.
- No one is allowed to swim in the diving area while people are using the board.
- No hanging on to or grabbing the diving board.
- Swimming around or under the board while the board is open is prohibited.
- Goggles, masks and floatation devices are prohibited when using the diving board.

CHILDREN:

- Parents are directly responsible for looking after their young children in and around the pool. Lifeguards are responsible for the safety of all swimmers, and cannot be responsible for supervising unattended, young children.
- Children under the age of 6 must have a designated adult or parent on the pool deck at all times, even when lifeguards are present.

- Parents/Designated Adults are required to be within arm's reach (3ft) of any non-swimmer under 48 inches(4ft) in height. People over the age of 14 may supervise other children in the water, when lifeguards are present, as long as they adhere to the rules.
- If a child appears to be a weak/non-swimmer or tired they may be asked to take a swim test (see below) before entering the deep areas of the pool.
- Children wearing non-coast guard approved flotation devices must be within arm's reach of an adult at all times. (This includes inner tubes and water wings)
- A child who does not pass the swim test, or those wearing personal flotation devices such as life jackets is considered a non-swimmer.
- Children who are not "potty trained" must wear rubber pants/swim diapers when in the pool.

UNGUARDED POOL SWIM:

- No one under 18 years may swim without a lifeguard present.
- When unguarded, if you are 18 years and older you elect to SWIM AT YOUR OWN RISK.
- When covered, the pool is CLOSED.

LAKE AND BEACH AREAS:

- Lake swim areas have lifeguards present only during designated times and in designated areas. Parents are directly responsible for looking after their young children in and around the lake at all times.
- Swimming in the lake when lifeguards are not present **is SWIM AT YOUR OWN RISK.**
- Club members are required to sign the MIBC Unguarded Lake Waiver.
- The buoy lines are used to separate the shallow wading area from deep water.
- To swim in the deep water, a swimmer must pass a swim test administered by a lifeguard.
- Running, biking, rollerblading, or scooting on the swim dock is not allowed.
- Do not walk or play or jump off the log booms or cement walls.
- No swimming is allowed off moorage and day docks.
- No fishing is allowed off moorage, day or swim docks.
- Do not swim under the docks.
- Swimmers must stay in roped areas.
- No running jumps, spins, or flips from the side of the dock.
- Jumping off any part of the slide or the lifeguard chair is not allowed.
- Please rinse off any sand before entering the pool
- **Waterslide:**
 - Only a forward dive or forward sit are allowed, one person at a time.
 - The landing area must be clear before using the slide.
 - Goggles and lifejackets are not allowed when going down the water slide.
 - The water slide may only be turned on by staff.

All other applicable pool rules apply.

SWIM TEST:

To insure the safety of all patrons All Swimmers under 13 must take a swim test when swimming in deep water in the lake. Swimming and guarding the lake presents many challenges from the colder water, submerged objects like logs and rocks, milfoil, wake action from boats, and poor water clarity. Swim test help us reduce the risk by ensuring all swimmers have demonstrated the skills necessary to swim in these conditions.

MIBC Lifeguards ask swimmers to demonstrate a strong crawl stroke using side breathing in order to enter deep water. The test determines swimming ability and endurance level. A swimmer who tires easily may become panicky, even though he/she may have some basic swimming skills. If a swimmer who has passed the test is seen in deep water “dog paddling” or struggling to get to the ladder or shallower water, the lifeguards will ask the child to return to the shallow area. Upon successful completion of the swim test, the swimmer will be given a wristband. A wristband can be obtained from a lifeguard on each daily visit to the Lake. The lifeguards maintain a list of swimmers that have passed the swim test each season.

During the swim test, will guards look for the following signs:

- Kick: consistent, constant kicking motion
- Stroke: Arms extending out of the water entirely
- Face: Face is in the water unless breathing
- Breathing: patrons are not entirely on their back while breathing
- 25 yard Swim: patrons complete the swim without stopping or touching the bottom

Note: This document replaces all prior policy documents.
Revised 6/13/2018