

## Fort Rucker Aquatic Facility Rules

1. All patrons must shower before entering the pool.
2. Running, pushing, dunking, or excessive splashing is strictly prohibited. Profanity, loud, boisterous, or unruly conduct or behavior will not be permitted.
3. Per TB-Med 575; only USCG- approved flotation devices are permitted for use. Lifeguards will provide flotation devices if requested.
  - a. No inflatables.
  - b. Use of flotation devices and pool noodles is prohibited in the deep end.
4. All diving will be a forward jump or a forward dive, straight off the diving board. One person at a time is permitted to use the board. Patrons are permitted one bounce before entering the water. Back dives, flips, rotations, etc. are not permitted. Swim tests may be conducted for use of the diving board. Any diving board conduct that the lifeguards deem unsafe may result in loss of diving board privileges
5. Prolonged underwater breath-holding is strictly prohibited.
6. Lifeguards will be provided during posted hours and will have the authority to close the pool for weather or safety reasons. At the first notice of thunder or lightning, the pool will be cleared. Authorized patrons and their guests must comply with Lifeguards' instructions; failure to do so may result in loss of facility privileges.
7. Food, gum, tobacco products (including vaporizers) and drinks, other than water and sports drinks, are prohibited inside the pool area.
8. No glass or sharp metal objects inside the pool area at any time.
9. Climbing on the lifeguard stands or using lifeguard equipment is strictly prohibited, unless authorized by staff or for emergency use.
10. Socializing with an on-duty lifeguard is prohibited.
11. SCUBA tanks are not permitted at this facility except for sanctioned SFA organizations or courses.
12. Misuse of SFA provided swimming/fitness equipment may result in loss of this privilege.
13. Neither MWR nor aquatic facility employees are responsible for lost or stolen items.
14. The Fort Rucker Aquatic Facilities are training facilities; their purpose is to support mission readiness. Military training, PT, organized military events, etc. will always take precedent over recreational swimming and other organized clubs/events that this facility may host.