

## **Nelson Sports Complex & Plum Grove Pool Rules**

1. The pool will be closed for public swimming if the air temperature is less than 68 degrees as recorded at Rolling Meadows on [www.weather.com](http://www.weather.com), or at the manager's discretion based on inclement weather, low attendance, or unusual circumstances. If the Thor Guard Lightning Prediction System sounds, the pool will close for a minimum of 30 minutes. An all clear signal will sound when it is safe to return to the pool.
2. Admission to the pool shall be refused to all persons having any contagious disease, infectious conditions such as colds, fever, ringworm, foot infections, skin lesions, diarrhea, vomiting, inflamed eyes, ear discharges, or any other condition which has the appearance of being infectious. Persons with excessive sunburn, abrasions which have not healed, corn plasters, bunion pads, adhesive tape, rubber bandages, or other bandages of any kind shall also be refused admittance. A person under the influence of alcohol or exhibiting erratic behavior shall not be permitted in the pool area.
3. Spectators that do not hold a current membership or have not paid the daily fee will not be allowed to enter the pool.
4. The pool water is not suitable for drinking. Avoid swallowing pool water.
5. Littering is prohibited. In addition, no food, drink, gum or tobacco is allowed in other than specially designated and controlled sections of the pool area. Glass containers are prohibited. Water is acceptable on the pool deck.
6. All persons are encouraged to take a shower before entering the pool area.
7. Personal conduct within the pool facility must be such that the safety of self and others is not jeopardized. No running, boisterous or rough play, except supervised water sports, is permitted.
8. Only clean footwear, baby strollers, or wheelchairs are allowed in the pool area or bathhouse.
9. Spitting, spouting of water, blowing the nose or otherwise introducing contaminants into the pool is not permitted.
10. Glass, soap, or other material which might create hazardous conditions or interfere with efficient operation of the swimming pool shall not be permitted in the swimming pool or on the pool deck.
11. All apparel worn in the pool shall be clean. Bathing suits with liners are recommended. Staff has the right to deny access into the pool if we feel your apparel is not clean or suitable for our public facility.
12. Only Coast Guard approved flotation devices are allowed in the pool. Parents/Guardians must be within arms distance if a child is wearing a flotation device.
13. No fins or snorkels are allowed in the pool.
14. All children who are not toilet-trained shall wear tightly fitting rubber or plastic pants.
15. Diving in water less than five feet deep is not permitted except when allowed for competitive swimming and training.
16. Caution shall be exercised in the use of diving facilities.
17. Lifeguards are responsible for enforcing safety rules and responding to emergencies. Parents or guardians should supervise their children.
18. It is recommended that no one should swim alone.
19. No one under the age of 8 yrs. of age is allowed in the pool unless under adult supervision.
20. The pool management has the authority to implement and enforce rules that are more stringent or that supplement those listed here.
21. All other state and local laws apply.

### **Diving Board Rules**

1. Head and neck injuries can result from improper diving.
2. Use caution when diving.
3. Only one person on the diving board.
4. Do not double-bounce on diving board.
5. Do not move the fulcrum.
6. Make sure diving area is clear before diving.
7. Wait for previous diver to reach the ladder before diving.
8. Dive straight off the board.
9. Do not swim under the diving board.
10. No floatation devices on the diving board.
11. Report any safety hazards to agency staff.

### **Waterslide Rules at Nelson Sports Complex Pool**

1. To slide alone you must be 48" tall and be able to swim to the ladder after usage
2. No metal object, sunglasses, locker keys, jewelry, metal snaps, watches, etc. permitted on the water slide.
3. All persons must exit and enter feet first only. Standing stopping or sliding head first are strictly prohibited.
4. Those suffering from high blood pressure, heart disease, person using prescription medication or elderly persons should consult their physician before using the slides.
5. Pregnant women are not permitted on the water slide for their own personal safety.
6. No diving from the end of flume or into pool from deck.
7. Hands must be kept in the flume.
8. No chain riding permitted.
9. Skipping in line or rowdy play is prohibited.
10. Do not proceed down the slide until instructed by the slide attendant

### **Additional rules or exceptions may apply at one or both pools:**

1. No Standing on kick boards
2. No hanging on the basketball net/rim at PGP.
3. No back dives/flips off the side of the pool.
4. If there is a lap swimmer, all recreational swimmers must exit the lap lane at PGP.
5. No horseplay – no chicken fights, throwing, etc.
6. If your child is under the age of 6, you must supervise your child while they are in the pool.
7. No use of the starting blocks except by swim team during practices.
8. No hanging on lane lines and ropes.
9. No jumping in the baby pool.
10. All children must be supervised by an adult while in the baby pool.



ROLLING MEADOWS  
PARK DISTRICT