Pleasant Valley Aquatic Center Rules 2025

Pool Rules - General

1. Children ages 14 years and under must be accompanied by a person 18 years or older.
2. Children 14 years and under must stay in the shallow end, unless they pass the swim test.
3. **No street clothes are allowed in the pool. All swimmers must wear swim attire. (No basketball shorts, tank tops, or t-shirts)**
4. No alcohol, tobacco or gum is allowed at the facility.
5. Food purchased from the vending machine must be consumed on the outside patio.
6. No running, shoving or horseplay allowed on the deck, patio or in the locker rooms.
7. Showers must be taken before entering the pool.
8. Only lifeguards are allowed in the lifeguard stand.
9. No glass is allowed in the facility.
10. No water wings, inter tubes, or non US Coast Guard approved floatation devices.
11. All lifejackets must be worn and used properly. They must also be US Coast Guard approved.
12. If a child needs a lifejacket, they must stay in the shallow area and be accompanied by a parent or guardian over 18 years old. Also, they are not allowed on the water slide or diving board.
13. No snorkels or face masks that cover the nose are allowed in the pool during recreational swim.
14. Excessive breath holding games, activities and exercises are not permitted in the pool.
15. Children not potty trained must wear a swim diaper and a cover over the diaper that has an elastic waist and legs while in the pool.
16. Lifeguards have full authority to administer pool rules and take necessary steps, including expulsion from the facility, if rules are disobeyed. Lifeguards also have the full authority to enforce any rules not listed if they fear something is unsafe.
17. No hanging on the recreational swim ropes.
18. No piggy back riding or chicken fights.

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Swim Test Rules

1. Children 14 and under must take the Swim Test in order to swim in the deep end or use the Water Slide without parental supervision.
2. Test takers must be able to swim a full lap of freestyle (front crawl) with their face in the water and breathing to the side.
3. Must be able to tread water and float for 30 seconds.
4. Children under 7 receive a BLUE Wristband
5. Children 7+ receive an ORANGE Wristband

Diving Board Rules:

1. One person on the diving board at a time. The next person in line must wait on the pool deck.
2. Do not dive into the water until the area is clear.
3. Only one bounce on the diving board.
4. Do not hang on the diving board.
5. Do not swim underneath or around the diving board.
6. Dive straight off the diving board, not to the side.
7. Masks, goggles and life jackets may not be worn while using the diving board.
8. No inwards, back flips, twists, or turns off the diving board.
9. Swimmers must exit the diving well after diving. No one is allowed to "hang out" in the diving board well.

Waterslide Rules

1. All patrons must be 7 years old and at least 44 inches tall and a maximum of 280 pounds to ride the yellow waterslide.
2. Follow the instructions of the attendant. Wait at the top of the stairs, until attendant tells you to advance. Riders must wait for the attendants start signal before starting to ride.
3. You must know how to swim to use the waterslide.
4. The slide exits into 12 feet of water.
5. No one is allowed to catch a rider or wait in the plunge area of the waterslide.
6. Only one rider at a time. No doubles, trains, or chains
7. No running, stopping, standing, kneeling, or rotating, or tumbling on the waterslide.
8. No running or horseplay on the stairs or landings.
9. Eye glasses, goggles, masks, and jewelry are not permitted.
10. Slide must be ridden feet first lying on your back with your legs crossed at the ankles and arms folded at the chest. Riding the slide improperly can cause injury.
11. After exiting the slide, riders must swim to the nearest ladder and exit the plunge area immediately. Parents may not wait in the water to catch their children.
12. Bathing suits only. Swimwear may not have metal rivets, buttons, or fasteners.
13. Lifejackets are not permitted on the waterslide.
14. Alcohol and drugs are strictly prohibited from this facility. Do not use the slide while under the influence of alcohol or other drugs.

    CAUTION: For safety reasons, pregnant women and persons with heart conditions or back trouble should not ride the slide.

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