COLLER INDOOR POOL

All applicable pool and facility rules apply, but not limited to the following:

GENERAL RULES

- Patrons must show ID card to Lifeguard staff and sign in at the designated location
- SOFA ID Cardholder sponsor must remain with guest(s) at all times
- No outside shoes are allowed on the deck.
 Strollers are permitted but wheels must be cleaned before entering the pool area
- Everyone must shower before entering the water
- Do not swim if you are sick, have a contagious illness, or have open wounds
- Anyone showing signs of impairment from alcohol, intoxicants, or medication will be asked to leave
- Diving is not allowed anywhere in this facility.
 Must enter feet first
- The following activities are considered unsafe and are not permitted: running, dunking, pushing, sitting on shoulders, throwing other swimmers, and horseplay
- Hyperventilation, prolonged underwater breath-holding, and/or repetitive underwater swimming is not allowed
- Spitting, blowing nose into pool, gutters, showers, sinks, drinking fountains is not allowed
- No food, glass containers, or coolers are allowed on the deck. Only water in plastic or metal bottles is allowed
- Please use family-friendly language
- Individual audio equipment may be used with headphones only
- Pets, bicycles, roller blades, or similar items are not permitted in the facility
- There are times when the pool may be cleared for 10-15 minutes to ensure lifeguards have mandatory breaks from surveillance

SWIM ATTIRE

- Proper and family-friendly swimming attire must be worn
- Thongs are not allowed
- T-shirts or other street clothes are not allowed in the water
- Mermaid-tail swimsuits and suits with built in flotation are not allowed

YOUTH POLICY Based on US Age

- Youth Ages 13 years and up can use the swimming pool without parent supervision
- Youth 12 years and under must be accompanied and supervised by a parent or adult guardian (18 or over)
- Parents must actively supervise young children at all times. Weak/non-swimmers, or children in life jackets may need an adult in the water with them
- Children of Kindergarten age and older must use gender-appropriate facilities. Family changing room available at this facility
- Children that are not potty trained MUST wear swim diapers and be changed frequently

SWIM EQUIPMENT & TOYS

- All pool toys and equipment will be checked by lifeguards
- US Coast Guard Approved Type II, Type III, Type V (Puddle Jumper) life vests are allowed in the facility
- Inflatables and full-face snorkel masks are not allowed
- Dive rings, toypedos, and noodles are allowed
- Training equipment must be used appropriately. Some equipment (Aqua jogger, Water dumbbells, Diving bricks) is for adult use only. Check with Lifeguard on where equipment can be used

Lifeguard instructions must be followed at all times. Please be respectful to Lifeguards and Aquatics staff.

Rules and regulations are enforced IAW AR 215-1, TB MED 575, TM 566-2, MAHC, installation policies, Family and MWR policies, etc.

