

RCHS Pool Rules

1. No running, pushing, fighting, or dunking at any time in either the pool or locker room areas.
2. All swimmers must shower before entering the pool.
3. All must have permission to use school equipment, balls, etc. Ball playing is confined to the water only.
4. No flips, back dives, etc. from the side of either pool.
5. Only one person is allowed on the diving board with only one bounce allowed. Divers must exit across the diving well at the ladders. The next diver in line must wait until the previous diver is across the pool before diving. No swimming in the diving well.
6. All recreational swim participants must pay before dressing.
7. Swimmers are not to stand in the showers during the break. They should be sitting on the benches.
8. The lane divider separates lap swimming from recreational swimming. Recreational swimmers must avoid the lap area & are not permitted to dive over or land on the lane divider itself at any time.
9. Life guards must be obeyed. Those that do not will forfeit any and all use of these facilities.