



# City of Des Moines Swimming Pool and Aquatic Center

## GENERAL RULES AND REGULATIONS

1. Anyone who enters the aquatic facility must pay admission, provide a season pass or punch card. People who leave the facility must pay admission to re-enter.
2. Admission may be denied to any person for the following reasons:
  - a. Open wounds or sores.
  - b. Wearing of non-appropriate swim attire (no street clothes allowed).
  - c. T-shirts are permitted except for those with logos/words representing tobacco, alcohol, drugs, illegal activity, gangs, or profanity and other designs and logos that are inappropriate. Subject to the decision of the pool supervisor.
3. Anyone not toilet trained must wear swim diapers in the facility. Swim diapers may be purchased at the concession stand.
4. Boys age 4 and older are not allowed in the girl's dressing room. Girls age 4 and older are not allowed in the boys' dressing area. Ask a guard or staff member for assistance in the rest rooms.
5. Rough play, pushing other people in the pool, dunking, riding or sitting on shoulders, throwing of other patrons or diving off shoulders or hand is not allowed. **Fighting will result in immediate removal for the season.**
6. Abusive, profane or offensive language will not be permitted.
7. Lifeguards reserve the right to ask any child to take a deep-water test when deemed necessary for the personal safety of the child.
  - a. Swimmers are not allowed on the deep side of the rope or in water past shoulder depth unless they can pass the following deep-water test:
    - i. Jump (feet first) into deep water
    - ii. Level off into a swimming position
    - iii. Swim the width of the pool using front crawl
    - iv. Demonstrate an ability to breathe while swimming
  - b. Lifeguards will limit swimmers to shallow water if they do not pass the deep-water test.
8. Alcoholic beverages, tobacco of any kind, drugs and gambling are not permitted within the pools' grounds.
9. **No smoking.** The Des Moines aquatic facilities, as well as the grounds around them are smoke-free facilities. No smoking is allowed. If you leave to smoke, you must pay to re-enter.
10. Diving is not allowed in shallow water areas of the pool marked "**NO DIVING,**" or at any of the aquatic centers. This includes any area of the pool designated as a diving well or where the water is marked as five feet deep or less.
11. **PLEASE WALK – AT ALL TIMES** on the pool deck and in the pool area.

12. Refreshments, including food and all concession items, are restricted to designated concession areas and may not be taken into the pool area. Only water in plastic containers may be brought into the facility area from outside the facility. No coolers or food may be brought into the facility.
13. Glass containers are not allowed inside the facility.
14. Flotation devices, approved by the pool supervisor, are allowed in the pool. No large inner tubes or rafts allowed unless approved by the pool supervisor. Flotation devices, including water wings, lifejackets, swim suits with floats, etc., are not allowed in the deep-water portion of the pool or on the water slides.
15. No hard balls such as tennis, large nerf balls, or racquetballs are permitted. No water guns are allowed. No hard diving sticks are allowed. Beach balls, small nerf balls, or other types of soft cushioned balls, toys, etc. must be approved by the pool supervisor.
16. Swimmers must make certain that the pool area is clear of other swimmers before jumping or diving into the pool.
17. Inward dives, flips, and back dives are not permitted off the side of the pool. Patrons must face the pool water when jumping or diving into the pool from the edge of the pool.
18. Parental Supervision: Parents or responsible person must accompany children in the pool until the child is eight (8) years of age AND is able to swim 15 yards of the front crawl without stopping, dog paddling, or swimming on their back.
- 19. To be admitted into the pool, children 7 and younger must be at all times directly supervised, within arm's reach, by a person 14 years or older.**
20. Hanging on the ropes, safety lines, lane lines, basketball hoops, rims, or backboards and lifeguard stands is not allowed. When moving from one side of the ropes to the other, please go under the ropes and not over them.
21. Loitering is not permitted adjacent to the pool entrance or on pool grounds.
22. Patrons are not allowed in areas marked "employees only."
23. The pool supervisor may suspend and/or eject persons from the pool area for violation of pool rules and not following the directions of pool staff. The period of suspension or ejection is subject to the discretion of the pool supervisor. The supervisor's decision will depend on the severity of the discretion considering all the relevant circumstances and the patron's history of violations.

## **DIVING AREA RULES (Applies to Ashworth & Birdland)**

1. Only one person at a time is permitted on a diving board, including the ladder leading to the diving board. The water area in front of the diving board must be clear with the previous diver at the side of the pool before the next diver may leave the diving board.
2. Fulcrum must be left in the forward position.
3. Only one bounce is permitted.
4. Dives must be straight off the end of the board.



5. Cartwheels or other non-standard dives are not permitted.
6. Divers should swim immediately to the nearest ladder and climb out.
7. Diving area is for diving only.
8. Individuals are not permitted to catch children jumping from the diving boards.
9. Children must be able to pass the deep-water swim test to use the diving boards.
10. Swimmers are not allowed to swim under the diving boards or in the diving area except when the boards are closed.

## WATER SLIDE RULES

1. All slide users must be 48" tall— water depth is 42". Patrons who are shorter than the required height may spin too quickly which may result in injuries to the head, neck, and body. (This rule does not apply to Birdland)
2. **Lifeguards will assist as necessary but will not "catch" children.**
3. Only one person is allowed on each platform leading to the top of the water slides. Patrons **are not** to wait on the stairs leading to the platforms.
4. It is recommended that pregnant women and individuals with heart or back conditions refrain from using the slides.
5. Metal objects, eyeglasses, sunglasses, locker keys, metal snaps, jewelry, etc. are not allowed on the water slides. This includes jeans or clothing that have rivets or grommets. This also includes goggles and masks.
6. All patrons using the water slide must wait for the lifeguard's permission showing that the slide is clear before going down the slide.
7. All persons must slide down in a sitting position or on their backs, feet first. Sliding down headfirst is not permitted at any time.
8. Parental or adult supervision recommended.
9. Do not use the flume while under the influence of alcohol or drugs.
10. Only one person is allowed on the slide at one time. Slide and plunge pool must be cleared before the next slider is permitted to go. Please exit the plunge pool immediately after each slide. Birdland patrons exit the slide immediately after each use.
11. NO TANDEM RIDING.
12. Forming "chains" is prohibited.
13. Life jackets, water wings and swimsuits with floats are not allowed. If you are dependent on any of these items, we recommend you DO NOT ride the slide.
14. Stopping intentionally on the slide is strictly prohibited. No running, stopping, standing, kneeling, tumbling or rotating in the flume.



15. Hands and feet must be kept inside the flume at all times.
16. Rowdy play or not adhering to rules or direction of pool staff will result in loss of slide privileges and possible expulsion from the facility.
17. Warning – failure to follow rules can result in serious injury.
18. Additional rules may be added by the management as necessary.

### **360 Enclosed Waterslide (Applies to Teachout)**

All Water Slide Rules apply in addition to the following:

1. Keep arms crossed and feet crossed inside the flume at all times.
2. At the end of the flume, obey all instructions given by the lifeguards.

### **Inner Tube Waterslide (Applies to Teachout)**

All Water Slide Rules apply in addition to the following:

1. Maximum operational load for double tube – 2 persons – 600 pounds, larger person in back.
2. Maximum operational load for single tube – 1 person – 300 pounds.
3. Only one inner tube to enter the slide at a time.
4. Tubes must be ridden in a seated position.
5. Riders must stay on the tube during the ride. If you accidentally fall from the tube, continue down the flume without it and exit normally.