



Aquatic Center General Rules & Policies

1. No one will be allowed in the swimming area unless the pool is officially open, and a lifeguard is on duty. Pool schedules are posted and available upon request. We have the right to alter any schedule when deemed necessary.
2. Patrons are expected to exit the facility, including locker rooms, within 15 minutes of the posted closing time.
3. Admittance into the facility may be refused when the capacity has been reached or when otherwise deemed necessary for the health, welfare or safety of patrons.
4. Patrons must attend the specific program at the location for which they registered and paid. Patrons will not be allowed to participate in courses without proper registration.
5. Patrons who leave the facility must pay to re-enter.
6. Following unscheduled pool closures (due to fecal contamination, inclement weather, mechanical issues, etc.) re-entry passes will be issued to patrons that are currently utilizing the facility and have paid an admission fee. No refunds will be issued.
7. Admission fees must be paid for all patrons ages two (2) yrs. and older. Children under two (2) yrs. of age are free of charge.
8. Forest Grove Aquatic Center (FGAC) staff have the authority to enforce all pool rules. Patrons are expected to cooperate in observing facility specific rules and policies that may not be outlined in this document. Patrons who violate the rules may be asked to leave without a refund.
9. FGAC is not responsible for lost, stolen, or damaged individual property within the pool facility or parking lot. Valuables may not be left with pool staff.
10. FGAC assumes no liability for injuries or damage arising from the results of participation. Due to the strenuous nature of some activities, patrons are advised to consult with his/her physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant assumes.
11. Only FGAC scheduled activities are permitted. No activity for private gain is allowed at any time. This includes teaching swim lessons, coaching, and/or any other activity without expressed approval by management. Please be advised that management will question any activity that may resemble private instruction. For further clarity, some offenses may include (but are not limited to) the following:

- A. Providing detailed instruction to other patrons when you are swimming and/or working out.
- B. Soliciting or receiving payment from other patrons for activities or services performed at the Aquatic Center.
- C. Swimming and/or working out with patrons who have apparent differences in skill level, goals and strength while providing instruction.

Behavior Policies

1. Socializing with or distracting pool staff, including lifeguards/instructors is prohibited.
2. Loitering will not be permitted at the aquatic center. This includes the lobby, locker rooms, spray park, entryways, parking lot, etc.
3. No person within the pool facility shall behave in such a manner as to jeopardize the safety and health of himself/herself or others. Such behavior includes but is not limited to running, boisterous behavior, rough play, pushing, acrobatics, dunking, wrestling, sitting on shoulders, splashing, use of abusive language, profanity, diving or jumping haphazardly, snapping of towels, and any other improper conduct causing undue disturbances in or around the pool area. Patrons behaving in this manner will be asked to leave the facility without a refund.
4. Spitting, spouting, blowing nose, urinating or defecating in the pool is prohibited.
5. For additional details, please see Code of Conduct under Related Documents <https://www.forestgrove-or.gov/DocumentCenter/View/2067/Code-of-Conduct-42024>.

Attire Policies

1. All pool users must wear appropriate swimming attire for a shared and public environment.
2. Anyone not toilet trained or incontinent entering the pool must wear a clean swim diaper which fits snugly around the legs and waist and under the swimsuit. Standard diapers are not permitted.
3. Caregivers should check swim diapers often. If the swim diaper becomes soiled the person must leave the pool immediately and may not return until he/she has taken or been given a soapy shower and has put on a clean swim diaper.
4. Diaper changing is not permitted poolside. Please use the locker rooms and family changing rooms for this purpose.

Age & Supervision Policies

1. Children under the age of 10 yrs. old must be accompanied, supervised, and within arm's reach in the pool by a responsible paying adult 18 yrs. or older.
2. Non swimmers must remain in shallow water (chest deep or less) unless held by a responsible adult in a depth where they can stand comfortably.
3. Children 5 yrs. of age and older must use restrooms that are specific to their gender. Family changing rooms and public restroom available.
4. The adult-to-child supervision ratio is to be a minimum of 1:2 for children 5 yrs. old and younger and 1:5 for all other ages. Children must be supervised throughout the facility including locker rooms, spray park, deck, spectator area and lobby.
5. A swim test may be required to swim in deep water and to use deep water features such as diving board and large slide for patrons under of the age of 18. Swim test includes proficiency in crawl stroke for a full width of the main pool shallow end and proficiency in backstroke for the return width.

Facility Rules

1. Any injury occurring in our facility must be reported to pool staff immediately.
2. Competitive and/or repetitive breath holding and prolonged underwater swimming for distance is not permitted.
3. All patrons must take a cleansing shower before entering the deck area and swimming pool. Patrons using the sauna must shower prior to using the pool or hot tub.
4. For your safety, any bodily excretions are treated following the Centers for Disease Control (CDC) guidelines. When there is vomit or feces in the pool staff will close the pool, clean the excretion, and treat the pool with chemicals.
5. Patrons having, or suspected of having, any of the following shall not be allowed to enter the pool:
 - exposed sub-epidermal tissue
 - cuts, open sores or blisters
 - open or bandaged wound
 - known contagious or communicable disease

- recent diarrhea
- fever, cough, cold, inflammation of the eyes, nasal/ear discharge
- rashes, poison oak, poison ivy, chicken pox, measles

6. Gum chewing is not allowed in the pools

7. Wearing eyeglasses in the pool is discouraged unless necessary. Non-breakable lenses and frame are recommended.

8. Pets are not allowed at the aquatic center. Service animals are permitted.

9. Food/drinks may only be consumed in designated spectator and lobby areas. Food/drinks not permitted on the pool decks. Glass items/containers are not allowed. All trash needs to be deposited in designated receptacles.

10. All coolers are subject to inspection by aquatic staff. Grills can be used outdoors during private rentals. Glass containers, knives, alcoholic beverages and drugs are not permitted.

11. Consumption of alcohol and/or smoking/vaping/tobacco products is prohibited. Any patrons suspected of being under the influence of drugs or alcohol will not be permitted to enter the pool facility.

12. Use of sound producing devices are prohibited unless accompanied by ear buds, headphones, or similar accessories.

13. Patrons using the facility are not allowed behind the front desk, guard office, mechanical rooms, storage rooms, or office spaces.

14. Patrons are not permitted to leave the facility while their belongings are in a locker. Lockers will be opened when the facility closes, and locker contents will be placed into Lost & Found. Lost & Found items are disposed of on a bi-weekly basis.

15. For the safety of our patrons the use of cameras, video cameras, cell phones (including video chat/live chat) or any device containing camera equipment of any kind is prohibited in all locker rooms, restrooms, changing rooms and lobby.

Lifejackets/Equipment/Toys

1. A properly fitting U.S. Coast Guard approved lifejacket (PFD) may be worn provided each non swimmer is accompanied by an adult in the pool within arm's reach. The adult must remain in the water. Patrons wearing lifejackets are not permitted in deep-water or deep-water features such as diving board and large slide.

2. Non-U.S. Coast Guard approved personal flotation devices, inflatable toys, kickboards, rafts, water wings, inner tubes and swimsuits with built-in flotation materials are not permitted.
3. Mermaid tails, mono-fins or any device that prohibits the independent motion of the feet or legs is prohibited.
4. The use of masks with snorkels are permitted in the lap lanes for adults 18 yrs. and older. Patrons under the age of 18 yrs. without the appropriate snorkel are not permitted to wear masks covering the nose.
5. Specialized equipment such as kickboards, fins or paddles are only permitted in lap lanes. Exercise equipment such as belts and bells are for fitness activities only.
6. Small diving toys will be permitted. Hard toys and balls designed for long distance throwing are not allowed.

Lap Swimming Rules

1. Patrons under 10 yrs. who demonstrate the ability to swim in the lap lanes and pass a swim test will be given permission to participate. They must still be supervised poolside by an adult.
2. Lap lane space is limited and will require patrons to share lanes by circle swimming. Patrons not actively swimming laps must relocate to other areas of the pool.
3. Several people of similar speeds can effectively share lanes by “circle swimming”. This involves swimming counterclockwise near the lane lines and passing in the middle when sharing. Please consult with the lifeguards if assistance is needed.
4. Lane lines are non-weight bearing. Please refrain from using them as support.
5. Please stop only at the turning walls. Move to the side to allow others to turn and continue.
6. The use of competitive diving/starting blocks is prohibited except during programs when participating swimmers are directly supervised by swim coaches or instructional staff.

Spa/Hot Tub/Sauna Rules

1. Patrons that are 16 yrs. and older may use the spa/hot tub/sauna. You may use the hot tub/sauna during times when the facility is open and there is not a lifeguard on duty if there are (2) or more hot tub/sauna users together. For safety purposes we do not allow individual hot tub/sauna use when the lifeguard is not on duty.

2. Patrons should limit use to 15 minutes to avoid nausea, dizziness, and fainting. Patrons should enter and exit the spa/hot tub slowly.
3. Patrons should not sit or stand on or near a spa/hot tub drain and should not reach into spa/hot tub skimmers.
4. For safety and to prevent over-heating, swim caps are not recommended to be worn in the spa/hot tub.
5. Pregnant women and people with heart disease, diabetes, high or low blood pressure or on prescription medication should consult with their physician prior to use.
6. Patrons should not use the spa/hot tub/sauna while under the influence of alcohol or non-prescription drugs. Please confirm with your medical professional regarding all prescription drugs and the use of spa/hot tub/sauna.

Slide Structure Rules

1. All ages may use both slides in shallow end of main pool (depending on swim abilities).
2. Non-swimmers may one use the smallest of the two slides in shallow end of main pool.
3. Parents may only catch a child on smallest slide of the two slides in shallow end of main pool.
4. Small slide user will exit to shallow ladder and larger two slide users will exit to closest deep ladder.
5. No public swimmers may swim in front of the slides when in use.
6. Children may not ride with or on the lap of parent/guardian.
7. Goggles, masks, glasses, contact lenses, prosthetic devices and jewelry not permitted on slides.
8. Coast Guard approved lifejackets/puddle jumpers allowed on smallest slide only.
9. Swimwear with exposed zippers, buckles or rivets are not permitted due to potential damage to slide.
10. Only one person on each platform at a time (total of 2 slide users).
11. Slides to be used in a feet first seated position only.
12. Prohibited activities include stopping in the slide, launching with force or creating “chains” with multiple riders.

13. No toys, balls, etc. are allowed on the slides.

14. Swim test may be required to use larger slides if staff have safety concerns regarding swim ability.

15. Slide structure could close with no notice if staff have safety concerns.

Swim Test

1. A swim test is required to swim in deep water (higher than chest deep) to use deep water features such as large slide and/or diving board and to swim laps in the lap lanes for patrons under the age of 18 yrs. old when or if safety and swim ability needs clarification.

2. A swim test will be conducted in a minimum of 5 ft.

3. Patrons may not wear any U.S. Coast Guard approved or other types of flotation devices during the swim test.

4. Patrons who do not pass the swim test will be considered non-swimmers and will not be allowed to use deep water features. Non swimmers under the age of 10 yrs. must be directly supervised by a responsible adult 18 yrs. or older and within arm's reach.

5. The American Red Cross swim test consists of the following skills:

- Step or jump into the water going completely under
- Return to the surface and float or tread water for one minute with head remaining above the water.
- Turn around in a full circle and swim 25 yds. (on front/crawl, arm strokes, breaststroke) without stopping to the exit.
- Exit the water by pulling themselves up and over the side of the pool without using steps or ladder.