

Pool Rules and Policies



The pool rules are in place to ensure patron & staff safety – Safety First!

- All patrons must sign in; IDs may be requested at entry.
- Swimming is permitted only when a lifeguard is on duty.
- Children 10-16, if left unattended, must have & show a valid Navy Youth Swim License and ID. Children under the age of 10 must be accompanied by, and under the direct supervision of, an individual who is over 16 years old. Children under 10 cannot be dropped off/left without a designated adult guardian.
- Current Swim License is required for deep end/inflatables use.
- Appropriate swimwear is required - No cutoff pants, no cotton t-shirts, no workout clothing, no sports bras as tops. *Please note - Buttocks must be adequately covered; No thongs, No tango/high-cut swimwear. Please see permitted attire poster for complete info.*
- Swimmers must shower before entering pool.
- Persons with colds, Band-Aids, with skin infections, or with wrapped or open wounds are not allowed to enter the water.
- No foul language, no swearing, no yelling, & no back-talking to Aquatics staff.
- No personal speakers or loud music; please wear headphones.
- No glass of any kind anywhere in the Aquatics facility (bottles, glass dive masks, etc.).
- All food & beverages (excluding water) must be consumed outside the pool enclosure. No eating, drinking, chewing gum nor alcohol consumption is allowed inside the pool areas. Picnic tables are available for use outside the facility.
- No smoking or use of tobacco products, including e-cigarettes, inside the facility.
- Air-filled toys & equipment (water wings, rings, etc.) are not allowed during Rec Swim pool hours; please use US Coast Guard approved personal floatation devices only.
- All children in lifejackets/non-swimmers must be within arm's reach of a parent/adult.
- Running, pushing, dunking, throwing, shoulder rides/chicken fights or any excessive horseplay or unruly behavior is not allowed, for the safety of all in the facility.
- All diving must be forward-facing into water at least 9' deep. No backwards jumps, backwards dives or flips/gymnastics from the deck into the water.
- Kickboards lap swim equipment is authorized in Lap Lanes only. Lap swim equipment, water fitness gear, and/or swim lesson equipment cannot be used for Rec Swim use. Please do not use MWR Aquatics' designated water fitness or swim lesson gear.
- No scuba gear, No snorkels, No dive fins allowed except during designated Scuba hours.
- Please adhere to inflatables use guidelines and lifeguard instructions for inflatables.
- Tot-Docks are for children under 6 only; no sitting on railings nor swimming between railings.
- When lap lanes are full, Circle Swim rules apply; lap swimmers must share lanes when full.
- The aquatic facility and surrounding area will be cleared of all persons during heavy rain, lightening/thunder, or severe weather conditions as directed by the lifeguards.
- Hypoxic training (excessive underwater breath holding) is not allowed at any time.

Any rules not listed or outlined here is at the discretion of the lifeguards on duty, are for the safety of all our patrons, and are as per CNICINSTR1701.3. Aquatics staff must be obeyed when enforcing facility rules, and have the authority to suspend Aquatics activities and pool use.