



# CBC AQUATIC FITNESS FACILITY RULES & GUIDELINES

1. Children under 15 years of age must be accompanied by, and under the direct supervision of an **ADULT** (Age 18) and must use the family restrooms located in the hallway.
2. Swimmers must wear clean and appropriate swimwear. Cut-off jeans or pants, under armor compression shorts, t-shirts are not authorized. Swimming with eyeglasses is permitted if they are safety glasses and properly secured with appropriate straps.  
BDUs and Combat boots are prohibited.
3. All swimmers must shower before entering pool.
4. Glass containers will not be permitted at this aquatic facility.
5. Neither eating nor drinking is permitted on the pool deck. (water is acceptable)
6. Only U.S. Coast Guard approved personal Flotation Devices are authorized. All children who need a PFD must be accompanied by an adult in the water.
7. Aquatic toys and equipment will not be permitted in the pool enclosure at any time. These include: rafts, inner tubes, water wings, balls, Frisbees, inflatable objects. Equipment at the pool is used for lap swimming or instructional classes only: fins, kickboards, paddles, buoys. Please ask the lifeguard for instruction.
8. Neither MWR nor aquatic facility employees are responsible for lost or stolen possessions of patrons.
9. Socializing with an on-duty lifeguard is not permitted.
10. Climbing on the lifeguard stands or using lifesaving equipment for other than emergency use is strictly prohibited.
11. **No PDA- Public Display of Affection**
12. Running, pushing, dunking, or excessive splashing is strictly prohibited. Profanity, loud, boisterous or unruly conduct or behavior will not be permitted.
13. Patrons who appear to be under the influence of drugs or alcohol will not be allowed at this aquatic facility.
14. All persons with colds, skin infections, or open wounds are not permitted to enter the pool.
15. Contaminating the pool or walkway is prohibited.
16. Please do not change diapers/swim diapers on the deck, table-tops, or chairs. There are changing tables in family rest rooms.
17. Pets, except guide dogs, are not allowed at the aquatic facility.
18. The number of persons in the pool enclosure at any time will not exceed the maximum pool capacity 112 persons or on deck 203 persons at any time will not exceed the limit.
19. The Aquatic Coordinator or Facility Supervisor may close the aquatic facility for short periods of time without notice. Areas will be cleared of all persons during thunderstorms, electrical storms, and inclement weather. At the first sound of thunder or sight of lightning the area will be cleared and remain cleared until deemed safe (approximately 30 minutes after the last rumble or sighting).
20. In the event of a life threatening rescue, the aquatics staff will notify the installation medical command, command duty officer, and the local MWR activity management representative

**Hyperventilation and breath-holding for an extended period are extremely dangerous practices that can cause "shallow water blackouts" and death. This practice of hyperventilating and extended breath holding is prohibited at MWR aquatic facilities.**

*Aquatic Facility employees must be obeyed at all times and adheres to the CNICINST 1710.3 Standards.*

ANYONE WHO MAY HAVE QUESTIONS REGARDING THESE RULES, PLEASE CONTACT:

The Aquatic Coordinator: 228-822-5103      or      Fitness Director: 228-871-2353 or 228-871-2668