Attention Patrons

All swimmers under the age of 16 who do not wish to wear a life vest must pass a standard swim test.

Life vests are not allowed down the water slide. All participants who wish to use the water slide must pass a standard swim test without aid of a life vest (NASJAXINST 1700.1E).

Swim test participants must jump into the deep water, tread water for one minute and swim continuously 25 yards without the aid of a flotation device (BUPERS 1710.11C).

NAVY FITNESS

Slide Rules

1. **Wait for Lifeguards instructions to go!**
2. Enter the slide in a sitting position.
3. Only one person at a time is permitted down the slide. Doubles, trains and chains are prohibited.
4. Ride the slide feet first at all times, either sitting or lying down on your back. Keep arms and feet inside the flume. Flipping, twisting, turning, riding head first, backwards or on stomach while riding the slide is prohibited.
5. Stopping on the slide is prohibited.
6. Parents/Guardians may not wait or catch children in the splash down area.
7. Upon reaching the splash down area, swimmers must immediately exit the water. There is no recreational swimming in the splash down area.

Warnings

Pregnant women and riders with heart or back condition should not use the slide.

Failure to follow the above rules can result in serious injury to yourself and others and loss of privilege to use the slide.

NAVY FITNESS