



# THE SHREWSBURY CLUB

*Tennis - Fitness - Athletics*

## Pool Information & Policies

Our pools are staffed with Red Cross certified lifeguards. They are here to make sure your visit is safe and enjoyable. For your health and safety, please keep in mind our policies and rules.

**Although the club provides lifeguards, parents/guardians are ultimately responsible for their children in the swimming pool.**

*Lifeguards may enforce, add, or change these rules as warranted.*

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## Swim Tests to Ensure Safety

Children ages 14 years and under, wishing to **swim alone** in our pool, **without a lifejacket** or flotation device, must perform & pass a shallow or deep end swim test.

Individuals who cannot pass our swim test, **MUST BE ACCOMPANIED, IN THE WATER** and be **WITHIN ARMS REACH** of their parent or guardian.

### Shallow End Swim Test

Jump in at the 5' mark and swim to the stairs.

### Deep End Swim Test

Jump in at the 9' mark, swim 1/2 pool length, turn around and return.

Float on back or tread water in deep end for a minimum of 30 seconds.

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## Pool Rules

- \* Children not toilet trained must wear two layers, a swim diaper and a swimsuit or swim trunks.
- \* No diving, No running, No pushing, No horseplay.
- \* Do not hang on lane dividers or pool ropes.
- \* Glass &/or alcohol are prohibited.
- \* Please shower before entering pool.
- \* Persons with cuts, open sores, blisters or a bandaged wound are asked to refrain from swimming.
- \* Spitting, urinating, blowing of the nose, spouting of water is strictly prohibited.
- \* State law prohibits use of the pool during a thunderstorm.
- \* No one shall bring/throw/use any object that may contaminate the water or endanger the safety in our pool area.
- \* All equipment stored on the pool desks are for staff instructional use only.



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## Lifejackets & Flotation Devices

### Tips for Choosing the Right Life Jacket

- All life jackets must be U.S. Coast Guard-approved.
- Look for the U.S. Coast Guard statement of approval and approval number on the label of the life jacket.
- There are five types of life jackets designated by the U.S. Coast Guard, but only Types I-III have been approved for use by children.
- Type I life jackets are designed to roll the wearer face up in the water. This is important for young children and weak swimmers.
- Check the manufacturer's label to make sure the life jacket is a proper fit for the child's size and weight.



## Food & Beverage

Large coolers, meals from home, and food delivery are prohibited in the pool area. Small lunch coolers, small pre-packaged snacks, water and non-alcoholic drinks are welcome. All food and drink must be consumed on the covered patio, at our picnic table or in the grass. Please no food or drink on the concrete pool deck.

## Guest & Non-member Pool Usage

Members are welcome to use guest passes to bring non-members to the pool. At check-in, inform our front desk staff and they can pull the digital guest pass from your account.

Non-members are welcome to visit on their own as well!  
An individual day pass is \$20 per person, or \$50 per family, up to five people.

\*\*\*Please note: All club and pool rules & policies apply to non-members and guests.

\*\*\*First time visitors must provide ID and sign a liability waiver.