

FOREST HILLS SWIM CLUB 2017 RULES and REGULATIONS

General These Rules and Regulations are for the protection and benefit of all members. To insure safe and healthy operation of this facility, parents are requested to be examples for their children. Please follow all rules and obey instructions from the pool manager and FHSC staff. Failure to comply with FHSC Rules and Regulations can result in immediate suspension of club privileges and may result in FHSC membership cancellation.

Hours	Main pool	Monday through Thursday	12 Noon – 9:30 p.m.
		Friday	12 Noon – 10:00 p.m.
		Saturday	11:00a.m.– 10:00 p.m.
		Sunday	11:00a.m – 9:30 p.m.
	Baby Pool & Lap Lane	Daily	11:00a.m -- 9:30 p.m.

Prior to the close of Birmingham schools, the pool weekday hours are 12 Noon to 4:45 p.m.

After swim team has ended, all pools and lap lanes will open at 11 a.m. daily.

Hours may be changed at Management/Board discretion.

*****Please review social and swim team calendars located in the lobby & on WWW.FHSC.NET for occasional special events and modified hours of operation.*****

GUEST RATES

Daily Guest	Mon. through Sun.	\$5 per person	An FHSC member 13 years or older must be present with guest
Weekend Guest	Fri. through Sun.	\$10 per person \$20 per family	Same as above
7-Day Guest	Mon. through Sun.	\$15 per person \$35 per family	Same as above
Guest Membership	Seasonal	\$100 per person 2 yrs. or older	See Definition. Apply at the front desk.

NO REFUNDS OR RAIN CHECKS ALLOWED ON GUEST FEES.

GUEST RULES

<ul style="list-style-type: none"> • FHSC members are responsible for paying guest fees, meeting and signing in guests, and for the conduct of their guest. Please review club rules with your guest. • Each family is allowed a total of 10 Daily Guests per month. A person may not be a daily guest more than 10 times per season. Each time a person attends, whether invited by the same or different members, counts towards the number of visits allowed. • Guests must be accompanied by a member at all times; guests are not permitted to stay at the Club after the member has left the premises.
<ul style="list-style-type: none"> • Guest Membership is reserved for a person who is 2 years or older living in a member's home. A guest member is subject to the same Rules and Regulations as a FHSC member.
<ul style="list-style-type: none"> • FHSC members 13 years or older must accompany guests at all times. Babysitters are not guests. See the Babysitter section for details applying to your caregiver.
<ul style="list-style-type: none"> • Private parties, including up to 15 non-members, must be submitted in writing to management no less than one week prior to the event, and will be subject to management approval. Guest fees and FHSC rules apply. • Parties of 25 or more guests must pay additional hourly staffing fee. See front desk for details.

FHSC RULES & REGULATIONS, cont.

BABYSITTERS

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| <ul style="list-style-type: none">• Babysitter Membership: This membership permits a childcare provider to bring children of members to the Club in the absence of the adult member. A Babysitter Membership is \$100, and must be submitted by separate check to the Special Projects Chair. A current photo of the sitter must accompany this check in order for the membership to be valid. Replacement of a sitter does not require an additional membership. A parent of a child cannot be considered for a babysitter membership. |
| <ul style="list-style-type: none">• <i>Babysitters do not have guest privileges.</i> |
| <ul style="list-style-type: none">• The babysitter may only use the Club facilities while providing childcare services. The babysitter is not allowed at the Club for personal recreation. |

ADMITTANCE

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| <ul style="list-style-type: none">• FHSC members must have a current picture on file at the pool office to gain admission. The Club's Membership Software program will be used to record such picture on the members' first visit of the season. Any member who fails to provide a current picture will be denied admission.
NO EXCEPTIONS. |
| <ul style="list-style-type: none">• FHSC members must check in at the front desk and verify membership prior to entering the locker room. Failure to follow admission procedures is cause for suspension of Club privileges. |
| <ul style="list-style-type: none">• Adult supervision is required for all children under the age of 10, including the time before or after their respective swim lessons or swim team practice. |
| <ul style="list-style-type: none">• Children 10 years and older may use the Club without their parents present prior to 5:30 p.m. Parents must exercise good judgment in granting this privilege. Parents are responsible for the behavior of their child even when the parent is not present. Behavior problems will result in suspension of this privilege. |
| <ul style="list-style-type: none">• Children under 13 will not be allowed at the pool after 5:30 p.m. unless accompanied by an adult member. |
| <ul style="list-style-type: none">• Parents have the responsibility for their children's safety while their children are traveling to or from the Club premises or for children who leave the Club premises for any reason whether or not they intend to return. |

THE FOLLOWING ARE NOT PERMITTED AT FHSC

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| <ul style="list-style-type: none">• Glass containers. |
| <ul style="list-style-type: none">• Loitering at the front desk. |
| <ul style="list-style-type: none">• Personal radios or CD/MP3 players with the exception of using these devices with headphones. |
| <ul style="list-style-type: none">• Soliciting on site between members or outside parties. |
| <ul style="list-style-type: none">• Firearms, explosives or weapons of any sort. |
| <ul style="list-style-type: none">• Skateboards, roller blades, hockey sticks, lacrosse sticks, baseball bats, baseball cleats, etc. See Manager before using any sporting equipment not provided by FHSC. |
| <ul style="list-style-type: none">• Loaning of FHSC equipment or furnishings. |
| <ul style="list-style-type: none">• Food/drink on the pool deck, or in the locker room. See Manager for designated eating areas. Water in plastic bottles permitted. |
| <ul style="list-style-type: none">• Water guns of any kind, including small squirt guns. |
| <ul style="list-style-type: none">• The following are generally permitted, subject to the Lifeguard/Manager discretion: Small soft throwables or toys, dive rings, Frisbees and playground balls. |
| <ul style="list-style-type: none">• No usage of cellphone, camera or other video recording device in the locker room. Violations have serious and legal consequences. |

FHSC RULES & REGULATIONS, cont.

PLEASE REMEMBER

• Review all Rules and Regulations with your children.
• The Office is OFF LIMITS and shall be used by authorized persons only.
• Alcoholic beverages are restricted to events authorized by the FHSC Board. Alcoholic beverages are permitted Friday-Sunday after 5 p.m. and at the Manager's discretion. Privileges may be revoked at anytime. ALCOHOL IS NEVER PERMITTED AT A SWIM MEET.
• All outside entertainment must be approved by the majority of the Board a week prior to the event.
• Grills are provided for adult use. See Manager for operating instructions.
• Leave your valuables at home. FHSC has no means for checking valuables.
• Lockers are available for your use. You must provide your own lock. Remove your belongings from FHSC lockers at the end of the day. Your lock will be cut off and your belongings placed in the Lost and Found if left overnight.
• Food left in the Members' Kitchen or snack bar area will be disposed of at the end of the night. Please do not store alcoholic beverages in the member's fridge, as minors have access to it.
• SHOWERS SHOULD BE LIMITED TO 5 MINUTES OR LESS. Please conserve hot water. Guards and staff are authorized to enforce this rule. Parents must monitor their children in the showers and locker room.
• Limit your conversation with the lifeguards on duty. They are responsible for a constant and consistent level of discipline in and around the pool.
• Lock bicycles to the bike rack. Remove bicycles at the end of the night.
• Park cars in designated areas only. Cars may be ticketed if left in unauthorized parking areas. All cars must be removed from the back lot by closing time.
• The conduct of all members and their guests must be above reproach in all FHSC areas, including shower rooms, parking lots, pool-eating areas, and at the front desk. Parents must control and be responsible for the behavior of their children.

MAIN POOL RULES

THE FOLLOWING ARE NOT PERMITTED IN THE MAIN POOL, POOL DECK, OR LOCKER ROOM:

• Children may not use the main pool (including the steps) until after their 4 th birthday. You may be asked to verify your child's age.
• Hanging on or touching lane markers or starting blocks.
• Dunking, diving over others, running on deck, wrestling, pushing or shoving.
• Floating aides, swimmies, snorkels, diving bricks, kickboards (except in lap lanes), and toys (except small soft throwables, playground balls and dive rings/sticks/torpedos).
• Cut-off trousers, diapers, pull-ups and swim diapers.
• Skin rashes, sores or infections.
• Food, gum or drink (this includes the entire pool deck area including the lounge chairs).
• Children 15 years or younger in lap lanes.
• No glass containers allowed.

The following is required by the Health Department to ensure a sanitary environment:

• Every person is to shower before entering the pool.
• Showering is to be repeated after applying any lotions or skin preparations before entering the water.
• Long hair must be restrained with a hair tie or with a bathing cap.

FHSC RULES & REGULATIONS, cont.

MAIN POOL GENERAL INFORMATION

<ul style="list-style-type: none">• Diving area is restricted to skilled swimmers. One person at a time is permitted on a diving board and the diving well must be cleared before you dive. Follow lifeguard's instructions at all times.
<ul style="list-style-type: none">• Adult Lap Lanes will be available during regular pool hours. Swim fins and kick boards are allowed. Lap lanes are roped off, and swimmers are to avoid crossing through these lanes. This area is for swimmers 16 and older.
<ul style="list-style-type: none">• Adult Swims will be held periodically between the hours of 1-5 p.m. at the manager's discretion. Please encourage your child to use the restroom during adult swim.
<ul style="list-style-type: none">• There will be no more than one adult swim each hour. 16 years and older may participate.
<ul style="list-style-type: none">• CHILDREN AGES 4 AND 5 AND ANY CHILD UNABLE TO SWIM ONE LENGTH OF THE POOL MUST HAVE DIRECT POOLSIDE SUPERVISION BY AN ADULT.

KIDDY POOL POLICIES

<ul style="list-style-type: none">• A parent or a responsible caregiver must supervise their children. Lifeguards are not stationed at the kiddy pool.
<ul style="list-style-type: none">• Kiddy pool use is for children who are 5 years old, or younger.
<ul style="list-style-type: none">• Children who are not toilet trained must wear swim diapers. Please change diapers in the locker room only
<ul style="list-style-type: none">• Food and drink are not allowed in this area.

The FHSC Board of Directors has given full authority to the Managers and Pool Staff to interpret and enforce all Rules and Regulations. They have the authority to determine the proper action to be taken in all matters relating to the safety and enjoyment of FHSC members and their guests. This includes the authority to restrict the use of FHSC facilities to any member or guest violating any Rule or Regulation. The Manager, Assistant Manager, or a designated representative will be present at all times when the pool is open in order to enforce these rules.

In the event the large pool must be closed due to contamination, both pools will be closed as well as FHSC premises.

Club properties and premises shall be restricted to regularly scheduled FHSC hours, except for FHSC sponsored events.

FHSC special events are subject to regular FHSC Rules and Regulations.

Club facilities are not available to individual members or employees of the Club for their own private parties without the written permission and prior approval from FHSC Management. Violation of this rule is grounds for suspension of all Club privileges for a term or period to be determined by the Board of Directors.

The Board of Directors may add to, modify or delete these rules at any time. Rule changes will be posted in the lobby for two weeks as notification to the membership.

Adopted and Revised by the Board of Directors
May 2017

FOREST HILLS SWIM CLUB, INC.
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