

Forest Hills Swim Club Rules and Regulations

These Rules and Regulations are for the protection and benefit of all members. To ensure safe and health operation of the facility, adults are requested to be examples for the children. Please follow all rules and obey instructions from the Pool Manager and FHSC staff. Failure to comply with any of the Rules and Regulations may result in immediate suspension of club privileges or FHSC membership termination.

Pool Hours

Main Pool*	
Monday through Thursday	12:00 – 9:30 p.m.
Friday	12:00 – 10:00 p.m.
Saturday	11:00 a.m. – 10:00 p.m.
Sunday	11:00 a.m. – 9:30 p.m.
Baby Pool and Lap Lanes*	
Monday through Sunday	11:00 a.m. - Close

* Please note that (i) prior to summer recess for Birmingham schools, the weekday pool hours are 12:00 – 4:45 p.m.; (ii) after swim season has ended, the pools and lap lanes will open at 11 a.m. daily; and (iii) hours may be changed at Management/Board discretion.

Guest Rates and Definitions

Daily Guest*	\$5 per child (under 18) per day \$10 per adult (18+) per day	An FHSC member 13 years or older must be present with guests
Seasonal Guest Pass	\$100 per person 2 years or older per season	Seasonal Guest Passes are reserved for a person who is 2 years or older living in a member's home.

* Please note that that FHSC only accepts forms of electronic payment (e.g., credit/debit cards) for all purchases at the Club, including when paying guest fees. We are unable to accept payments via cash or check.

Guest Rules

- FHSC members are responsible for paying guest fees, meeting and signing in guests, and for the conduct of their guests. Members are required to review these Rules and Regulations with their guests.
- Each family is allowed a total of ten (10) Daily Guests per month. A person may not be a Daily Guest more than ten (10) times per season. Each time a person attends the Club, whether invited by the same or different members, counts towards the number of visits allowed. August Members are allowed a total of five (5) Daily Guests during their month of membership.
- Babysitters are not guests. Please review the Babysitter rules below to understand the requirements that apply to your caregivers.

Babysitter Memberships and Rules

- A Babysitter Membership permits a childcare provider to bring children of members to the Club. A Babysitter Membership is \$150 per season (\$50 per season for August Members) and must be paid either at the time dues are paid (by selecting "Add Babysitter Membership" in Wild Apricot), or after dues are collected by sending an e-mail to membership@fhsc.net with the subject "Add Babysitter Membership" so that an invoice can be generated in Wild Apricot. Members must provide the name of all potential Babysitters, but only one Babysitter may be at the Club at any time.
- A parent of a child cannot be considered for a Babysitter Membership.
- Babysitters do not have guest privileges.

- Babysitters may only use the Club facilities while providing childcare services and are not allowed at the Club for personal recreation.

Private Party Rules and Requirements

- Private parties, including for up to 15 non-members, must be submitted in writing to management no less than one week prior to the event and approval is in management's discretion. Members must pay fees for any guests and are responsible for ensuring that attendees are aware of and comply with these Rules and Regulations.
- Members who host a party of 25 or more guests may pay an additional hourly staffing fee. More information on this fee can be obtained at the front desk.
- August Members are eligible to host one private party during their month of membership.

Admittance

- Members must check in at the front desk and verify membership prior to entering the Club.
- Adult supervision is required for all children under the age of 10, including the time before or after a child's respective swim lesson or swim team practice.
- 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 children even when the parent is not present. Behavior problems will result in suspension of this privilege.
- Children under 13 are not allowed at the Club after 5:30 p.m. unless accompanied by an adult member.
- Parents have the responsibility for their children's safety while their children are traveling to and from the Club premises or for children who leave Club premises for any reason whether or not they intend to return.
- FHSC is not responsible for ensuring children remain at the Club.
- Admittance is conditioned upon acceptance by members of the Member Disclaimer and Waiver that can be found on the FHSC website. FHSC is not responsible for personal injury at the Club, or for the loss or damage to any personal property. Members are encouraged to leave valuables at home and to use a bike lock when leaving a bicycle outside of the Club.

Swim Lessons

- FHSC may offer complimentary swim lessons to members. Such lessons are only available to children of members and each child may participate in only one lesson per week.
- FHSC members who hire a private instructor who is not an FHSC member, coach, or staff member, must pay the applicable Daily Guest rate each time the instructor is at the Club. Instructors must leave the Club after completion of the lesson.

The following are not permitted at FHSC:

- Glass containers.
- Loitering at the front desk.
- Speakers, including the use of radios or phones to play music, except to the extent these devices are used with headphones.
- Soliciting on site between members or outside parties.
- Firearms, explosives, or weapons of any sort.
- Skateboards, roller blades, hockey sticks, lacrosse sticks, baseball bats, baseball cleats, etc. See Manager before using any sporting equipment not provided by FHSC.
- Loaning of FHSC equipment or furnishings.
- Water guns of any kind, including small squirt guns.
- The use of foul language or disruptive arguments with staff or other members.
- Behavior that is not appropriate for a family venue, including intoxication or overtly lewd behavior.
- Use of a cell phone, camera, or other video recording device in the locker room.

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

- Every person is required 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.

Main Pool Rules

The following are not permitted in the Main Pool (including steps) and Pool Deck:

- No children until after a child's 4th birthday. Members may be asked to verify a child's age. Please note that children ages 4, 5, and those who are unable to swim one length of the pool unassisted, must have direct poolside supervision by an adult.
- No hanging on or touching lane markers or starting blocks.
- No dunking, diving over others, running on the pool deck, wrestling, pushing or shoving.
- No floating aides, swimmies, snorkels, diving bricks, kickboards (except in lap lanes), and no toys (except small soft throwables, playground balls and dive rings/sticks/torpedoes).
- No cut-off trousers, diapers, pull-ups or swim diapers.
- No one with skin rashes, sores, or infections.
- No food, gum, or drinks (this includes the entire pool deck and lounge chairs).

Main Pool General Information:

- **Diving Well:** The diving well is restricted to skilled swimmers. Only one person at a time is permitted on a diving board and the diving well must be cleared before a person dives. There is no swimming under diving boards and no loitering in the diving well. The lifeguard's instructions must be followed at all times.
- **Lap Lanes:** The lap lanes are available for lap swim only and may only be used by swimmers 15 and older. Swim fins and kickboards are allowed. Lap lanes are roped off and swimmers may not cross through the lap lanes. The Manager has the discretion to allow swim lessons to be conducted in the lap lanes and to allow those younger than 15 to use the lap lanes for lap swim, however, if someone 15 and older seeks to lap swim then the lesson/child will need to move out of the lap lanes.
- **Adult Swims:** Adult swims may be held periodically at the Manager's discretion and only individuals 16 and older may be in the pool during an adult swim. Please encourage your children to use the restroom during an adult swim.

Kiddie Pool Policies

- A parent or a responsible caregiver must supervise their children. Lifeguards are not stationed at the kiddie pool.
- The kiddie pool is for children who are 5 and under.
- Children who are not toilet trained must wear swim diapers. Please change diapers in the locker room only.
- Food and drink are not allowed in the water.

Other Rules and Requirements

- Members are required to review and advise their children and guests of these Rules and Regulations.
- The office is off limits and shall be used by authorized personnel only.
- Alcoholic beverages are restricted to events authorized by the FHSC Board of Directors. Alcoholic beverages are permitted Friday through Sunday after 5 p.m., as well as at the Manager's discretion. Privileges may be revoked at any time. Alcohol is not permitted at swim meets. When permitted, alcoholic beverages may only be consumed in plastic or metal cups, and they may not be consumed in or near either pool. Minor children shall not be exposed to or allowed access to alcoholic beverages.
- All outside entertainment must be approved by the majority of the FHSC Board of Directors prior to an event.
- Grills are provided for adult use only and users must clean the grill and any grilling utensils after using the grills. Users accept any risks associated with grilling and FHSC will not be responsible for any personal injury or property damage that arise due to use of the grills.
- Food left in the member's kitchen or Snack Shack area will be disposed of at the end of the night. Please do not store alcoholic beverages in the member's kitchen, as minors have access to it.
- In order to conserve water and energy, showers may be used for 5 minutes or less. Parents and caregivers must monitor children in the showers and the locker rooms.

- Conversations with lifeguards on duty must be limited.
- Bicycles may not be left on bike racks overnight.
- Cars must be parked in designated parking areas only. Cars may be ticketed if left in unauthorized parking areas. All cars must be removed from the back lot at closing time.
- In the event the Main Pool is closed due to contamination, both pools will be closed, as well as the FHSC premises.
- Club property and premises shall be restricted to regularly scheduled Club hours, except for FHSC-sponsored events. These Rules and Regulations shall apply at FHSC-sponsored events.
- If you have a complaint, please complete the complaint form that is available in the office.

The FHSC Board of Directors has given full authority to the Managers and Pool Staff to interpret and enforce these Rules and Regulations. The Managers and Pool Staff have the authority to determine the proper action to be taken in all matters relating to the safety and enjoyment of FHSC members and guests. This includes the authority to restrict the use of FHSC facilities to any member or guest violation any of these Rules or Regulations. 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.

Any violation of these Rules and Regulations, or any incident of inappropriate conduct, may result in dismissal from the premises. The offending person's membership may be subject to review by the Board of Directors under possible penalty of forfeiture, according to the Club's By-Laws, Article 4, Section 9(e).

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 membership.

These Rules and Regulations were adopted by the FHSC Board of Directors at its May 2022 meeting.