

POOL RULES FOR NEW MILFORD FITNESS & AQUATICS CLUB

THERE IS NO LIFEGUARD ON DUTY, SWIM AND USE HOT TUB AT YOUR OWN RISK

1. You must shower before entering the pool area. No oils, body lotions, and/or minerals in the water.
2. Swim caps NOW REQUIRED for adult or children with shoulder length hair or longer IF SWIMMING OR TAKING LESSONS. Swim Caps are available at our Pro Shop.
3. No street shoes allowed on deck (flip flops used indoors only are fine).
4. Proper attire required – no swimming in workout clothes.
5. No spitting or blowing nose in pool.
6. Anyone showing evidence of a communicable skin disease, sore or inflamed eyes, cold, nasal or ear discharges or any other communicable disease may not use the pool.
7. If you are experiencing or recovering from diarrhea or have had symptoms of a gastrointestinal disease in past 7 days, you may not use the pool.
8. Adults with incontinence issues should take proper precautions for public pool health.
9. You may not use the pools under the influence of alcohol or drugs.
10. Lap Swim (or walking) in Lap Pool only unless during specific program and family swim.
11. Swimmers are expected to share lanes – NO EXCEPTIONS!
12. No running, boisterous, or rough play.
13. No diving or jumping into pool.
14. No animals or pets are allowed in the pool area.
15. No food or drink in pool areas; glass is strictly prohibited as well.
16. Limit exposure in hot tub to short periods of time to avoid nausea, dizziness, and fainting. It is recommended that you observe a reasonable time limit in the hot tub, such as 10-15 minutes, then leave the water and cool down before returning.
17. No children are allowed in the pool area without supervision. Please encourage your children to use the restroom before entering the pool area.
18. Swim diapers required for swimming lessons, with vinyl liners over the top (you can find these in our Pro Shop – NO EXCEPTIONS).
19. No photos in pool area (exception: NMFAC staff may occasionally take photos of swim lessons or classes for marketing purposes)