

Stettler Aquatic Centre

Pool Rules

1. Somersaults into the deep end are ok as long as your head is covered.
2. No back-flips into the pool.
3. No standing on the foam toys and mats (including the boats).
4. One adult for every 3 children within arms-reach when child is in a PFD and/or under the age of 9.
5. Anyone, regardless of age, may be asked to do a swim test in the deep end.
6. Only feet-first entries allowed in the shallow water (including being thrown/launched into water or jumping/sliding off mats or boats).
7. No hanging on the basketball net.
8. No rough play (hitting, kicking, dunking, wrestling etc.) or pushing people into the water.
9. No chicken fighting or standing/sitting on shoulders
- 10.No cannon balls into the leisure pool (or any other disruptive behavior)
- 11.No food or gum is allowed in the water or on the pool deck.
- 12.The brick is allowed out to those who are capable but must be used responsibly.
- 13.No goggles will be given out to the public. Goggles may be loaned for classes/courses.
- 14.No matts, toys, boats, etc. in the deep end while Tarzan rope or climbing wall are in use.
- 15.Only one, either the Tarzan rope or the climbing wall may be opened at one time.
- 16.Do not tug, lean, sit on or otherwise potentially damage the lane ropes *or* the blue rope separating the deep end.
- 17.Baby Boats are for infants only.
- 18.Exercise equipment (exercise noodles, dumbbell floats, hand paddles, etc.) are for adult use during exercise classes or fitness swims only. They should not be allowed during public or family swims.
- 19.Do not swim through or under the pool stairs or handrails.

Hot Tub Rules:



1. PFDs should not be worn in the hot water.
2. Please refrain from submerging head in hot water.
3. Jumping, splashing, playing or otherwise disrupting the water is not allowed in the hot tub.
4. Recommended maximum exposure to the hot water is 10-15 minutes (recommended, not enforced).

Slide Rules:

1. Swimmers must slide feet-first on bum. Sliding head-first or sliding on stomach is not allowed.
2. ONE slider at a time, swimmers must wait until the person ahead of them has exited the slide flume before proceeding.
 - a. (Exception: an adult may slide down with their child if they slide *together* and the child is held securely)

Tarzan Rope Rules:

1. Swing straight out from pool edge (no swinging toward adjacent edge or swinging in an arc).
2. Let go of rope during outward swing (no swinging back towards pool edge).
3. Ensure splashdown area is clear of swimmers before swinging.
4. No vertically climbing the rope.

Climbing Wall Rules:

1. Only one person per climbing panel section allowed at a time (max. 3 climbers at once)
2. Back flips are only allowed from the middle panel.
3. Do not climb so that shoulders are any higher than the yellow line at the top of the wall.
4. Keep the splashdown area clear while others are climbing
5. Do not fall or jump from climbing wall if splashdown area is not clear of swimmers
6. PFDs or any other swim equipment with straps are not allowed on the climbing wall.

If the rules are repeatedly broken or swimmers are creating a nuisance then corresponding privileges will be taken away.