

Mora Aquatic Center Regulations

1. **Daily Pass:** Purchase of a daily pass entitles use of the pool and facilities during regular open hours. The admission fee is non-refundable and not transferable. The facility may close if conditions warrant.
2. **Wrist Bands:** Wrist bands will be issued to all paying patron. Wrist bands must remain on the wrist during the time patrons are using the facility. Patrons will be allowed to enter and exit the facility during open hours, providing the wrist band has not been removed. Loss of, tampering with, or removal will constitute suspension of facility use for the remainder of that day.
3. **Minimum Age:** Children twelve (11) years of age and under must have parent or guardian supervision of at all times while using the facility.
4. **Observation:** Pool observers are welcome in the pool area. All posted rules must be followed. Patrons not using the pool or facilities will not be charged.
5. **Emergency Signal:** The emergency signal our lifeguards use is three whistle blasts. All swimmers must proceed to the nearest pool edge and exit the pool. Please sit on the pool edge and wait for further instructions.
6. **Session End:** The end of the swimming session signal is one long whistle blast. All swimmers must exit the pools, gather all belongings, and exit the facility.
7. **Take a Shower:** Body oils, deodorants, and oil suntan lotions all reduce the effectiveness of the filter system. A quick shower will remove a majority of these items. Waterproof sunscreen lotions will be allowed.
8. **Walk:** Prevent accidents! Pool deck and changing room floors can become wet and slippery. Please walk slowly.
9. **Deep Water Swim Test:** Swimmers must be tested by a lifeguard daily before being allowed in water greater than four (4) feet in depth. Swimmers must be able to swim one width of the Lap/Dive Pool using a reasonably good front crawl stroke with rhythmic breathing. Swimmers are able to take the swim test once a swimming session. It is the lifeguard discretion to retest swimmers who are struggling or are tired.
10. **NO Horse Play:** Shoving, dunking, shoulder rides, throwing of others, wrestling and fighting can endanger yourself and the safety of others and is strictly forbidden.
11. **Sponge Balls:** Only small round sponge balls will be allowed with lifeguard approval in shallow water only (chest deep or less). Lifeguards reserve the right to limit or terminate ball usage if conditions warrant.
12. **No Toys:** Face masks or goggles that restrict breathing, snorkels, fins, and scuba equipment, cannot be safely used by all swimmers, and therefore, will not be allowed. Specialized training is needed for proper usage. Small toys may be allowed as long as person is not throwing them.
13. **No Personal Floatation Devices:** Lifejackets, Styrofoam blocks, floatation rings, toys, tubes, and blow up arm bands give a non-swimmer/swimmer a false sense of security, do not replace proper supervision, and will not be allowed in the Lap/Dive Pool. Lifejackets and arm bands only will be allowed in the Play Pool with adult supervision.

14. **No Swimming:** Swimming, playing, or other activities are not allowed in the roped off plunge areas for the flume and speed slides, drop slide, and the diving board.
15. **No Diving:** Diving is not allowed in either pool. Diving is allowed only in the designated diving area at the deep-end of the Lap/Dive Pool. Only front dives will be allowed. Back dives, flips, cannon balls, twist, etc., will not be allowed.
16. **Ladders:** The ladders are for entering or exiting the pool. They are not to be used as gymnastic equipment, swinging, or for play.
17. **No Smoking:** Use of all tobacco products, e-cigarettes, and smoking of any kind is strictly prohibited in the pool, pool area, building, parking lot, or anywhere on pool grounds.
18. **No Gum, Food, or Drink:** Please help keep the pool, and changing rooms clean. Food is only allowed on the pool desk.
19. **Wear a Swimsuit:** Cut-offs (even hemmed) or other street clothes are not allowed in the pool. These types of clothes are not suitable for swimming, and may hamper your swimming ability.
20. **T-Shirts:** Clean t-shirts will be allowed for use in water chest deep or less. T-shirts causing possible swimmer distress will be removed. Water shirts and aqua socks will be allowed providing they have not been worn outside of the facility.
21. **By State Law:** Persons with open sores, boils, skin rashes, or communicable diseases cannot be allowed in the pool.
22. **Alcohol and Drugs:** Patrons under the influence will not be permitted into the facility.
23. **Diapers:** Diapers are not allowed in the swimming pools. Non potty-trained children must wear tight fitting rubber pants or swim diapers. Swim diapers are available at the front desk for a fee of \$1.00.
24. **Furniture:** Tables, chairs, and loungers shall not be moved. Moving these items can possibly damage the furniture, injure yourself, or create hazards for other patrons.
25. **Safety Corridors:** An eight (8) foot safety corridor must be maintained around pools, water slide complexes, diving board, and pool side of the changing rooms and concession building.
26. **Public Phones:** A public phone is available for patron use in the front entrance area. Please keep your conversation to a two (2) minute limit. Arrange pick-up times prior to drop-off. We do not have a paging system or staffing to find patrons using the facility.
27. **Management Discretion:** The pool management reserves the right to add or delete rules that are in the interest of the patrons for a safe facility. This list of rules is meant as a guideline only, and should not be considered to be a final listing of all rules or policies. Furthermore, all staff employees, through supervision of management, have the right and duty to protect and enforce all necessary rules and regulations to protect the safety of all. Rules are to the discretion of the MAC Staff.
28. **Rules Availability:** Copies of the MAC facility regulations are available by request at the front desk.

Diving Board Regulations

1. **Warning:** Water depth at diving board entry point is 12 feet 6 inches.
2. **Swim Test:** Children must pass the deep water swim test daily before using the diving board.
3. **Walk:** Avoid accidents! Walk slowly on steps and board.
4. **Wait Your Turn:** Only one diver is allowed on the diving board. Wait on the deck until the diving board and plunge area is clear and previous diver has exited the water
5. **Dive from the End of the Board:** All dives must be made from the end of the diving board while facing forward. Diving from the sides of the board, back dives, twist and flips will not be allowed.
6. **One Bounce:** Only one bounce on the board will be allowed.
7. **Feet on the Board:** The feet are the only part of the body allowed to make contact with the board.
8. **Exit:** Leave the plunge area promptly after entering.

Drop Slide Regulations

1. **Warning:** Water depth at diving board entry point is 12 feet 6 inches.
2. **Swim Test:** The deep water swim test must be passed daily before using this slide.
3. **Alcohol and Drugs:** Patrons under the influence will not be permitted.
4. **Medical Condition:** Patrons with medical conditions or on medication should consult a physician before use.
5. **Walk:** Avoid accidents. Walk slowly on stairs, stair landings, and platforms.
6. **Wait Your Turn:** Only one rider is allowed on the slide. Follow all attendant instructions!
7. **Feet First:** All rides must be made feet first on your back.
8. **No Horse Play:** Sliding head first, kneeling, rotating, tumbling, or stopping will not be allowed.
9. **Exit:** Leave the plunge area promptly after entering water.

Flume and Speed Slide Regulations

1. **Warning:** Water depth at diving board entry point is 3 feet 6 inches.
2. **Minimum Height:** All patrons must be a minimum of 42 inches in height.
3. **Alcohol and Drugs:** Patrons under the influence will not be permitted.
4. **Medical Condition:** Patrons with medical conditions or on medication should consult a physician before use.
5. **Walk:** Avoid accidents. Walk slowly on stairs, stair landings, and platforms.
6. **Wait Your Turn:** Only one rider is allowed on the slide. Follow all attendant instructions!
7. **Feet First:** All rides must be made feet first either in the sitting position or on your back.
8. **No Horse Play:** Sliding head first, kneeling, rotating, tumbling, diving, or stopping will not be allowed. Keep your hands inside the ride at all times.
9. **Exit:** Leave the plunge area promptly after entering water. Flume slide (white and blue slide) users exit to their left. Speed slide (green slide) users exit to their right.