



## **Pool Safety Rules, Risks, and Guidelines**

- Running, shoving, screaming, and using profanity will not be allowed in or around the pool area.
- No long breath holding underwater, rough play, sitting or standing on shoulders, excessive splash fights, or throwing objects in or around the pool area.
- There is no diving allowed in any of the pool areas except under the supervision of a Houstonian Club coach or instructor.
- No playing, hanging, or sitting on the lane lines.
- Children 12 years of age and under must be accompanied by a chaperone at least 16 years of age. Children under 6 years of age MUST be within arms reach at all times. Parents and caregivers are the first and most crucial safety protection at a pool.
- Under the Texas Administrative Code, the Houstonian pools are classified as Class C Pools and have NO LIFEGUARD ON DUTY signage posted. All swimmers swim at their own risk. Although lifeguards are not required, as an extra layer of protection, an Aquatics safety team member will be staffed to assist if an emergency arises.
- No gum, glass, or chewing tobacco permitted.
- Children who are not toilet trained must wear a swim diaper. Diapers must be changed in the restroom.
- Changing on the pool deck is not permitted. Please utilize the bathrooms on the pool deck or in the Club.
- Swimwear must be appropriate for a family environment. No street clothes, workout wear, cutoffs, skimpy swimsuits, thongs, or swimsuit bottoms that do not cover the entire buttocks will be permitted in or around the pool. Proper casual attire, resort attire, and workout attire are permitted on the pool deck but not when utilizing the pools.
- Dive toys are allowed but must not have sharp edges.
- No inflatable rafts or tubes of any kind are permitted.
- No food or beverages are allowed in the pool. Food and drinks may be placed on the edge of the pool deck.
- No public indecency or excessive public displays of affection.

- Please dry off before entering the Club or Hotel. Floors may become slippery when wet.
- Individuals with a cold, open wound, sores, or an infectious communicable disease are restricted from entering the swimming pool area.
- Individuals who have experienced intestinal distress may not swim in any pools or use the hot tub for 10 days following. Examples of intestinal distress include but are not limited to diarrhea, loose stools, vomiting, etc.
- There is no smoking or vaping in the pool areas or at Arbor Grill.

Patrons must cooperate with the Aquatic staff and follow their instructions immediately without question. The Club pool management and authorized personnel reserve the right to expel anyone not following pool rules and reserve the right to limit or suspend pool privileges.

The following are specific to the **Waterslide:**

- Only one person on the slide at a time. The next person must wait until the slide and water below are clear before entering the slide. If a lifeguard is on duty, please watch for their hand signals telling riders when to go.
- Slide feet-first in a seated or lying down position on your back.
- Clear the splashdown area immediately.
- Toys and noodles are not permitted on the slide.
- The rider assumes all risk of injury due to misuse of the slide or failure to follow these rules.
- Failure to follow the rules may result in not being permitted to ride the slide.

The following are specific to the **Hot Tub Area:**

- Children under the age of 16 are not permitted in the hot tub at any time.
- No jumping, splashing, spitting, or horseplay of any kind is permitted.
- No swim toys or swim gear are permitted in the hot tub.
- The capacity is 8, with a maximum visit time of 15 minutes. Anyone sitting around the edge will be included in the capacity counts, so please do not sit on the edge.

The following are specific to the **Sports Pool:**

- Sports Pool: The Sports Pool is reserved for lap swimming, exercising, and swim lessons with Houstonian Club instructors.
- A swimmer must be able to complete one length of the pool without assistance to be allowed to lap swim or exercise.
- Participants must be swimming laps or aquajogging. No crossing of the lanes or recreational play is permitted.
- No hanging, sitting, standing, or pulling on the lane line.
- Swimmers must always be willing to share lanes, and circle swimming is encouraged.
- Scheduled programs and swim lessons have priority over lap swimming.
- The use of starting blocks is not permitted.
- Children in swim diapers are not permitted in the Sports Pool.

The following are specific to the **Garden Pool:**

- Garden Pool: The Garden Pool is an all-adult pool (ages 18 and older). However, children's lessons are only permitted at certain times with Houstonian Club instructors. Children who are waiting for or have finished their lessons should not swim except during their lesson time. Reservations are required.
- Please be courteous to our hotel guestrooms and keep in mind that the Garden Pool is designated as our quiet pool.
- Programs and swim lessons have priority over recreational swimming.
- No hanging, sitting, standing, or pulling on the lane line.

## **Children's Rest & Rehydration Breaks**

- Children's R & R is a 10-minute period where lifeguards clear the pools for Rest and Rehydration. When children's R & R is sounded, all children under the age of 12 must exit all pools and take a 10-minute break from swimming regardless of when they arrived in the pool areas. The Little Lagoon is included.
- Swim lessons and Swim Team programs do not have to break during Children's R & R.
- The Houstonian pools have children's R & R every 90 minutes. Please see the posted schedule on the pool house announcement board.
- Why do we do children's R & R?
  - Safety Breaks help prevent fatigue in young swimmers by providing a break for rest, recovery, and rehydration.

Swimming for a prolonged period can be strenuous for the body, and swimmers often forget to rest and rehydrate.

- When the break is over, the lifeguards will make an announcement, and all children may resume swimming.

## **Water Exercise Equipment**

- Water exercise equipment is available for use upon request. Equipment is limited.
- This equipment is only available for use at the Sports Pool.
- Water exercise equipment includes fins, kickboards, swim buoys, Aquacise belts, and pool noodles.
- Aquatic Instructors may use water exercise equipment for swim lessons in the resort pool.