



# SWIMMING POOLS

Swimming is good exercise, great fun and a popular activity that can often be enjoyed year-round. When it comes to pool safety, it is important to have an accident prevention strategy.

## Best Practices

While lifeguards are of critical importance for pool safety (refer to the Oregon Health Authority Chapter 333 – Division 60 for more details), **below is a list of other best practices that are important to help keep patrons safe.**

- **Establish procedures for the use of pool covers that state only staff or authorized adults can remove or cover the pool.**

Notify staff and outside organizations that patrons/students are **not** allowed to do this. Always completely remove the cover before anyone enters the pool and have at least two people verify everyone is out of the pool before covering it. (SDIS has also developed a quick reference guide that you can reference regarding pool covers.)

- **Ensure proper risk transfer forms (e.g., hold harmless or liability waivers) are completed whenever outside organizations use the pool.**

This may even include certificates of insurance.

- **Trained staff should inspect the pool area periodically.**

Look for broken glass and other refuse, cracks in decking, cracks in pool bottom,



defective spectator bleachers, lifesaving equipment, chemical storage, and any other potential hazards. Maintain documentation of these inspections.

- **Ensure that lifesaving equipment and first aid kits comply with the Oregon Health Authority Chapter 333 – Division 60 and are easily accessible and operational.**
- **Ensure an operable telephone is provided and is accessible for emergency purposes.**  
Emergency information such as the location address, phone number and emergency contacts should be kept next to the phones.
- **Develop and maintain required postings/signage as noted in the Oregon Health Authority Chapter 333 – Division 60 in the pool area.**
- **Ensure lifeguards receive training to effectively enforce posted rules and successfully manage emergency situations.**



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### Swimming Pool Rules

Every district should have a set of rules governing pool usage and a good place to start is by reviewing ORS 333-060-0215 (b). Rules are a necessary means to help keep patrons safe. These rules need to be enforced by lifeguards to help prevent accidents from occurring. We realize that during periods of low attendance, some of the rules may seem inappropriate. However, to maintain consistency between the staff and pool users, lifeguards need to be instructed to always enforce the rules.

**ORS 333-060-0215 (b) requires that public pool operators post the following rules near the entrance to the pool area and dressing rooms.**

- **PROTECT OUR WATER** - Please do not use the pool if you have had diarrhea in the past two weeks, are on your menstrual period, or are suffering from a disease communicable by water.
- **SHOWER YOUR CHILD AND YOURSELF.** Take a cleansing shower before entering the pool or after using the toilet.
- **Swimmers who are not toilet trained must wear a swim diaper.**
- **NO ANIMALS** in the pool area.
- **WATER AND ALCOHOL DON'T MIX.** No person under the influence of alcohol may use the pool.
- **NO RUNNING** or **ROUGH PLAY.**
- **NO GLASS OR PLASTIC THAT WILL SHATTER.**
- **NO FOOD** or **DRINK** in or around the pool.
- **NO DIVING ALLOWED, or NO DIVING,** except in designated diving areas.
- **Immuno-compromised individuals should use caution when using a public pool.**



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To keep your pool operations safe and manageable, it is also a good practice to develop and post additional rules that meet the needs of your pool facility and the patrons that use it. We have consulted with several SDAO members to provide you a sample list of rules that are used at other facilities in Oregon. As well as a list of additional topics that you may want to address in your district's rules.

### Sample rules:

- Children under 7 years of age, regardless of their swimming ability, must always be attended by an adult in the water or on the deck. Children 7 years or older and who are under 48 inches tall must also be attended by an adult when in the water.
- All children, regardless of age, who wear personal floatation devices, must be accompanied by an adult. The attending adult will not be charged admission. Adults must always be within arm's reach of the children.
- Swimsuits, trunks, or shorts must be worn by all people in the water. T-shirts are allowed but must be clean.
- No running, eating or drinking in the pool area and foul language is prohibited.
- Smoking and alcoholic beverages are not allowed on district grounds. Chewing gum and glass containers are not allowed in the pool area.
- Diving boards-- NO RUNNING TAKEOFFS. NO INWARD OR REVERSE DIVES WILL BE ALLOWED DURING RECREATION SWIM. Please do not adjust the fulcrum. Always face forward while on the board and ladders. Wait until the person in front gets safely to the side before you step onto the diving board steps or ladder. Only one approach and one bounce are allowed. Do not swim in front of or under the diving boards.
- No headfirst dives in water shallower than six feet. In deeper water, when diving from the deck. The diver should angle their dive so as not to contact the pool bottom or sides.
- Back dives, cannonballs, and somersaults are not allowed from the pool deck. Do not jump or dive toward any object including other swimmers, pool edges, or equipment. Always face forward when jumping or diving. No diving or jumping from lifeguard towers, starting blocks or water polo goals.
- Individuals will not be admitted into the pool area if they have open sores, rashes, or are under the influence of drugs or alcohol.



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### Other topics to consider developing rules for:

- Can you maintain the six-foot buffer around the pool for lifeguard access? Do you need to develop rules for placement of items like chairs and strollers?
- Inflatable pool toys, mattresses and tire inner tubes should only be allowed if supplied by the district and if they do not inhibit the lifeguard's line of site.
- Address the use of snorkeling equipment and if/when it can be used.
- How the district will handle lap swims and sectioning off areas of the pool.
- If the district has a high dive or 3M board, they should be closed during public swim. Special training should be required to use them and only with direct supervision.
- Posting that the district is not responsible for any valuables lost or stolen that are brought to the facility.
- Develop a swim test for children before they can swim in the deep end of the pool

