



Montgomery College

Germantown Swimming Pool Rules

The following rules have been established for the safety of all users of the pool. All pool users are expected to comply with these rules and to follow the directions of the pool staff. If you have questions about these rules, please call the Pool Manager, or designee, at (240) 567-7892.

1. No one is allowed to enter the water until the pool is officially open and a lifeguard is stationed in the elevated guard chair or a lifeguard specifically permits you to enter.
2. The Pool Manager or lifeguard on duty will determine unacceptable/unsafe behavior in the pool area and locker rooms. Unacceptable/unsafe behavior may result in being directed to leave the pool and denial of future privileges.
3. All pool users must shower thoroughly before entering the pool.
4. Individuals with infections or who are high contamination risks are not permitted in the pool. This includes individuals with skin disease, eye inflammation, nasal or ear discharge, an open cut, abrasion, sore or blister, and anyone wearing any bandage or band aid.
5. Individuals who are incontinent (unable to control bladder or bowel), either temporarily or permanently, must be closely supervised and wear a diaper and snugly fitting waterproof pants.
6. Children, 12 years of age or younger, must be supervised at all times by an adult 18 years of age or older. Children unable to swim the length of the pool unassisted and tread water for one minute must be accompanied in the water by an adult. This adult must be in immediate control of the child at all times.
7. Flotation devices: Non-swimmers or inexperienced swimmers may only use properly fitted U.S. Coast Guard approved flotation devices (lifejackets) in the pool. Other flotation devices including water wings and Styrofoam bubbles are not permitted.
8. Diving from the pool deck is permitted only in the diving well, unless it is part of an organized activity under the direct supervision of an instructor or coach. Diving into shallow water may result in serious injury or death.
9. Glass containers, food, chewing gum, alcoholic beverages and pets are not permitted in the pool, the pool area, or the locker rooms.
10. Inner tubes, rafts, balls, rings and other toys are not permitted unless they are a part of an organized pool staff supervised activity approved by the Pool Manager.
11. Kickboards and jogging belts are for exercise only. Neither is to be used as a flotation device by non-swimmers.
12. Prolonged underwater swimming for distance is not permitted.

13. All pool users must wear swimsuits. Work-out attire including gym shorts or tights, cut-off shorts, shirts or other attire not specifically intended for swimming are permitted only with advance approval of the Pool Manager or designee.
14. Shoes will be permitted on the pool deck only at the discretion of the lifeguard.
15. Any accident/injury in the pool area or in the locker rooms must be reported to a lifeguard immediately.
16. "Student and Community Swim" hours are for individual recreation, fitness and practice. Lessons, or instruction of any kind, whether for profit or not, are not permitted during "Student and Community Swim" hours.
17. Cameras of any kind are not permitted in the pool area, locker rooms or bathrooms. Electronics incorporating cameras must be turned off before entering these areas and remain off until removed from the area. Exception: The Swimming Pool Manager may, by way of written permission, allow the use of cameras in a limited area for a specific purpose at his/her discretion. This request must be made in writing at least three business days in advance of the intended shoot.
18. The Pool Manager or lifeguard on duty may limit, end, or ask participants to leave the facility and deny future privileges for any activity that dominates an area or unduly disrupts the use of any part of the facility by others. This includes group workouts of any kind whether formal or not.

Diving and Use of the Diving Well

The diving boards will be available during designated Family Swim sessions. The diving well may be available for swimming only during Adult Swim sessions at the pool staff's discretion. At no time, should swimming be permitted in the diving well when diving is occurring. Swimming near the main drain grates at the bottom of the pool is prohibited.

1. Only one person is permitted on the diving board and dive stand at one time.
2. Divers must bounce only once on the board unless a participant is in an authorized instructional program, supervised by a coach or instructor.
3. Divers must dive straight out from the end of the diving board.
4. When the diver has surfaced, he/she must immediately swim to the nearest ladder. He/she must never swim under the diving board.
5. A diver must wait until the preceding diver has surfaced and cleared the diving well before diving.

Lap Swimming Courtesy

- When two people are using the same lane, the custom is for each swimmer to stay on their side of the lane. When three or more people are using the same lane, swimmers stay to the right and swim in a counter clockwise direction, as one would drive on the road.
- Slower swimmers, please allow faster swimmers to pass on the left or at the end of the lane.
- If stopping, please stop at the end of the lane to allow other swimmers to pass unimpeded.
- Please notify lap swimmers before entering the lane of your intention to join him/her in the lane. If you experience resistance from a lap swimmer, please notify the lifeguard who will intervene.

Please leave your valuables at home.

Montgomery College is not responsible for personal property left in the locker rooms or on the pool deck.